

A Descriptive Study to Assess the Knowledge Regarding Emotional Freedom Technique Among NEET Aspirant Students at Selected Coaching Centres, Kakadev, Kanpur U.P

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Abstract

Emotional freedom technique is a complementary therapeutic approach that combine elements of cognitive therapy and acupressure to reduce psychological distress. In recent year, students preparing for competitive examination such as NEET experience high levels of stress, anxiety and emotional pressure, which may affect their academic performance and mental well-being. This present study aims to assess the knowledge regarding emotional freedom technique among NEET aspirant students at selected coaching centres. A descriptive research design was adopted for the study. A total of 60 students were selected using a non-probability convenient sampling technique. Data was collected using a structured questionnaire consisting of demographic variables and knowledge based questions on emotional freedom technique. Emotional Freedom Techniques (EFT) is a secure, non-drug therapy that is easy to learn and implement for alleviating anxiety and stress. The result of the study showed that among 60 sample of NEET aspirant's student's frequency and percentage wise distribution of demographic variables. According to the age, majority of the students 7(12%) belongs to 17-19yrs, 26(43%) belongs to the age group of 20-22yrs, 27(45%) belongs to 23-25 yrs., According to the sex, majority of the students 47(78%) were female and 13(22%) were males., According to the religion, majority of the students, 53(88%) were Hindu, 7 (12%) were Christian and 0(0) were Muslims others., According to the family income, majority of the students 47(78%) were 25,000-27,000/-, 9(15%) were above 27001-29000/-, 3(5%) were above 29001-31,000/-, 1(2%) were above 31,001-33,000/-, According to the attempt no of exam, majority of the students 9(15%) were 0-1 times attempts, 13(22%) were attempt 2-3 times attempt, 15(25%) were 4-5 times attempt, 23(38%) were above 6 and above times attempt.

Keywords: Anxiety, EFT, Stress, NEET Aspirant students, Fear, Acupressure, Emotional pressure.

Introduction

Stress is a reaction to any challenging event that requires an individual to react or adapt via a physical, emotional, mental and psychological responses. The capability of the individual to adopt and the availability of helpful resources are important to overcome stressful situation. Emotional freedom technique commonly known as tapping is a holistic, evidence

based self help tool that combines cognitive behavioural therapy principles with acupressure to manage stress, anxiety and emotional distress.¹ For NEET aspirant, who face immense pressure, high cortisol levels, and intense exam anxiety, EFT provides a rapid, non-invasive method to calm the nervous system in just a few minutes, reducing the fight-or-flight response to studies and mock. Stress is produced

by varying environment. It disturbs the mental balance of any person. Nursing is training is one of the most stressing training. Numerous studies have shown that there are many reasons of stress throughout nursing training. The prevalent sources of stress felt by students and faculty that comprises curriculum requirements, assignments and examinations and combining clinical work with studies. Stress is a big problem in the society. 75% of bodily disease are said to be due to stress. There are many stressors like transitions in life, money problems, pressure of day-to-day life, no leisure time, problems in relationships and domestic problems. Nursing students face both academic as well as professional stress during their training period. Students may feel more stressed and anxious because of their many academic obligations.² Numerous responsibilities that students must fulfil may cause them to experience more stress and anxiety. Students are more likely to experience academic anxiety when they participate in campus activities and fulfil their obligations. Exams, discussions with lecturers and in class, and completing various assignments with deadlines set by the lecturer are all part of the academic responsibilities of students. By reducing anxiety and academic stress, the Emotional Freedom Technique (EFT) is designed to assist students in achieving the best possible academic results

EFT therapy had an impact on students' levels of anxiety and academic stress. EFT therapy enhances a person's mental, emotional, and behavioural states by working with the body's energy system. Through techniques including tuning in, setting up, and tapping certain locations at strategic points in the body's nine energy pathways, this therapy integrates spiritual therapy with the body's energy system.³ The rate of mental disorders has increased considerably worldwide and their distribution differs between social classes, sex and different life stages. This condition has generated interest on these determinants, and stress is the most frequent among these disorders. Currently, the word stress is understood as an experience of tension, irritation, where an organism reacts to physical or psychological components when a situation that causes fear, excitement or confusion appears, which can trigger manifestations of depression, tachycardia, digestive disorder, among other thing. Health care education generally has practical activities in the curriculum, where students often perceive limitations in their knowledge. Therefore, health students experience high levels of stress, especially those who are in an undergraduate program, because of the greater

proximity and time spent with patients and their health problems. Although students do not have the same responsibilities as the nurses, they need to adapt to a new model of life, taking on responsibilities such as studying, tests, practical classes and internships. In addition, there is a lack of adequate support for the pressures experienced in daily practice, and coping with death, all of which contribute to high levels of stress.⁴

Objectives:

1. To assess the level of knowledge regarding emotional freedom technique.
2. To determine the association between level of knowledge among NEET aspirant students with their selected demographic variables

Hypothesis:

Hypothesis was tested at 0.05 level of significance.

H₁- There will be statistically significant association between the level of knowledge regarding emotional freedom technique among NEET aspirant students.

H₂. There will be statistically significant association knowledge regarding emotional freedom technique are selected demographical variables.

Methods and Materials: -

Research Approach: The research approach used for the study was Quantitative evaluative research approach.

Research Design: A descriptive cross-sectional research design was adopted to assess the knowledge regarding emotional freedom technique among NEET aspirant's students.

Variables:

Dependent Variables: dependent variables are level of knowledge regarding Emotional freedom technique of the NEET aspirants.

Independent variables: - The independent variables of this study include emotional freedom technique.

Socio-demographic Variables:

In this present study demographic variables were age, sex, religion, family income, number of attempt NEET exam.

Setting: - Setting is the location for conducting research. This investigator selected NEET coaching centres at Kakadev, Kanpur.

Population: In this study the population was NEET Aspirant students.

Sample: The sample comprised students those who are preparing for the NEET exam in Kakadev, Kanpur.

Sample Size: The sample size of the study was 60 NEET aspirant students.

Sample Technique: In this study, Non-probability convenience sampling technique was used to select the sample.

Inclusion criteria: -

Students who are: -

1. Available at the time of data collection
2. Both male and female students

Exclusion criteria: -

Students who are: -

1. Not willing to participate

Data collection instruments

The instruments are a vehicle that could best obtain data pertinent to the study and at the same time adds to the body of knowledge in the discipline.

Based on the objectives of the study, questionnaire was used to assess the knowledge regarding emotional freedom technique among NEET aspirants. It is considered to be appropriate instrument. In this study, data collection instruments are:

Section B: - Distribution of NEET aspirants according to the pre-test level of knowledge regarding to emotion freedom technique.

S. No.	Level of knowledge	Pre-test	
		F	%
1.	Inadequate knowledge (0-12)	28	46%
2.	Moderate knowledge (13-19)	30	50%
3.	Adequate knowledge (20-25)	02	3.34%
Total		60	100%

Section- C

Evaluate the knowledge regarding emotional freedom technique among NEET aspirants.

Mean, Mean difference, Standard deviation.

S. No.	Level of knowledge	Mean	Mean percentage	Standard deviation
1.	Pre-test	11.05	18.41%	3.09

Section D:

Association between the level of knowledge score with the selected demographic variables of NEET aspirants.

The results show that the association of demographic variables with the pre-test of knowledge by using chi-square test revealed there were significant association

Section A: - Demographic proforma

Section B: - Knowledge regarding emotional freedom techniques

Results and findings: -

Section A: - frequency and percentage wise distribution of demographic variables.

1. According to the age, majority of the students 7(12%) belongs to 17-19yrs, 26(43%) belongs to the age group of 20-22yrs, 27(45%) belongs to 23-25 yrs.
2. According to the sex, majority of the students 47(78%) were female and 13(22%) were males.
3. According to the religion, majority of the students, 53(88%) were Hindu, 7 (12%) were Christian and 0(0) were Muslims others.
4. According to the family income, majority of the students 47(78%) were 25,000-27,000/-, 9(15%) were above 27001-29000/-, 3(5%) were above 29001-31,000/-, 1(2%) were above 31,001-33,000/-
5. According to the attempt no of exam, majority of the students 9(15%) were 0-1 times attempts, 13(22%) were attempt 2-3 times attempt, 15(25%) were 4-5 times attempt, 23(38%) were above 6 and above times attempt.

with religion but their age, sex, family income, number of attempt exam. was no significant with other selected socio-demographic variables. Hence the research hypothesis H2 was accepted.

Conclusion:

The present study was revealed that was a significant

association between the there was a significant association between the knowledge regarding emotional freedom technique among NEET Aspirants and their demographic variables of religion.

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Conflicts of interests: There is no conflict of interest

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