An Experimental Study to Assess the Effectiveness of Self-defense Training among Nursing Students, their Knowledge and Practices in Selected Nursing Institute of Mumbai City

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Abstract

Background: Self-defense is a risk reduction strategy that may offer assertiveness training and strategies to physically and verbally resist dangerous situations. It provides individuals with confidence, awareness, and diffusion strategies to increase their safety and potentially lessen the severity of attacks.

Aim: The aim of the study was to assess the effectiveness of self-defense training among nursing student's knowledge and practices in selected nursing institute of Mumbai city.

Materials and Methods: A total of 25 subjects (female) were selected from 1st year B.Sc. Nursing of K. J. Somaiya College of Nursing by nonprobability purposive sampling technique. Pre-test knowledge was evaluated before the session of self-defense. 2 h self-defense training session was given to the study subjects and post-test knowledge was assessed.

Results: Knowledge pre-test and post-test mean score is 5.16 and 6.96, standard deviation (SD) 1.43 and 1.34, and structural equation modeling (SEM) 0.29 and 0.27, respectively, with $t = 6.00$, $df = 24$, and standard error of difference $= 0.300$, whereas two-tailed $P < 0.0001$ which is suggestive of extremely statistically significant results. Practice pre-test and post-test mean score is 3.76 and 12.92, SD 1.64 and 1.41; SEM 0.33 and 0.28, respectively, with $t = 22.2863$, $df = 24$, and standard error of difference $= 0.411$, whereas two-tailed $P < 0.0001$ which is suggestive of statistically significant results.

Conclusion: Self-defense training is now a day's essential training program for all female students to improve their knowledge and skills to defend herself during any assault.

Keywords: Mumbai, nursing, self-defense training

INTRODUCTION

Violence against women is a worldwide yet still hidden problem. Freedom from the threat of harassment, battering, and sexual assault is a concept that most of the people have a hard time imagining because violence is such a deep part of our cultures and our lives. Violence against women is woven into the fabric of society to such an extent that many of the women who are victimized think that they are at faults. Everyday people see images of male violence against women in the news, on TV shows, in the movies, and in our homes and workplaces. It is a fact for women of all ages, races, and classes.[1]

Physical violence, stranger abduction, and abuse at the hands of a parent/guardians are the reality for many girls and women. The National Crime Victims Survey often includes victims beginning at age 12. In addition, the highest rates of rape and sexual

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