Impact of Family Counselling on Nurses Facing Domestic Violence in Indian Cities on Nursing Outcomes

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Aim - The Aim of the study was to evaluate the Impact of a support strategy using Family counseling on married nurses in Indian cities who faced domestic violence on nursing outcomes in the practice setting.

Background - Domestic violence in India is commonly experienced by married women. Nursing in this country is a women dominated profession and they too are victims of domestic violence. Scarcity of opportunity to seek therapy leads to poor performance in these nurses and hence if the study verifies effectiveness family counseling at the work place this will be beneficial to the employee and employer.

Family and extended Family plays a significant role in Indian culture, hence the Family counseling module was considered relevant.

Design: Cross- sectional correlation survey

Method: An explorative descriptive research approach was used.

Tool: A questionnaire with a checklist developed by Manivannan (2010) was used with a self reporting technique

Population: The population of this study consisted all the married nurses who were subjected to domestic violence.

Sample: Nurses who were married and subject to domestic violence and willing to undergo family counseling

Sample size: 459 nurses of the sample who were willing to go through family counseling

Sampling technique: Non- probability, purposive sampling technique was used.

An Non Governmental Organization identified the existence of 884 Nurses who were victims of domestic violence in 44 Hospital located in Three Indian Cities. These nurses were offered family counseling and 459 nurses agreed to go through the process. The Therapy was initiated in February 2014 and lasted till April 2015. After the termination of the therapy an item scale developed by Manivannan (2010) was used to measure self perception of ability to nurse.

Results: The sample of 459 nurses (100%) worked full time and were married during the study. The sample was divided into three groups 34 years or under (33.3%) 35-44 years (29.4%) and 45 years or older (37.3%) The largest group had 0-4 years of employment history (46.2%). The structural analyses of the data obtained indicated Husband as a family member attending family counseling were positively related to a higher self perception (49%). Negative Perceptions of variability in the relationship with other family members were negatively related to trust and negativity in the work place. The obtained Welch co-relation, p is 0.47 at 0.87 level of significance which is more than p<0.05. Hence it is established that there is no co-relation between Nurses perceived improved decision making ability at work and mother in law as a family attending the counseling. The Self perception module by Manivannan (2010) is based on the self perception theory (SPT) developed by psychologist Daryl Bern and is based on Attitude.
determines behavior. The nurses demonstrated a positive escalation of Promptness in action, alertness when performing an action, quickness in decisions and speed in performance. When rated on a scale 1 – to – 5, where 1 is poor ability and 5 is excellent ability a mean range of 4 – 5 was seen in most of the nurses (83%).

The obtained Welch co-relation, p is 0.39 at 0.71 level of significance which is more than p<0.05. Hence it is established that there is no co-relation between Nurses age and perceived notion.

The nurses also demonstrated a negative escalation in feelings of generosity, positivity and empathy. When rated on a scale 1 – to – 5, where 1 is poor ability and 5 is excellent ability a mean range of 3 – 4 was obtained in most of the nurses (58%).

Conclusion:- Domestic violence in women needs to be assisted and in India a culturally male dominated society more so. Women when targeted need assistance if they are willing to seek the same. Nursing a very demanding profession and also a women centric one in India may need Nurse leaders to take a bold step to achieve better patient outcomes as perceived by the nurse and demonstrated in this study. The concept of Family counseling which involves the key family members have a significant value since the concept of family as a social body is considered important.

Title:
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Domestic violence in India, Family counseling and Nurses and Nursing Outcomes

References:


**Abstract Summary:**
Domestic violence exists in India. Nursing here is a woman-dominated profession and some married nurses are victims. Family Counselling was used as a therapy and its effectiveness studied on the perceived ability of the Nurse to perform to better nursing outcomes. The study concludes that Family counselling was effective.

**Content Outline:**
1. Title - Impact of Family counseling on Nurses facing domestic violence in Indian cities on Nursing Outcomes
2. Introduction-
   a. Domestic violence in India exists as reflected through News and numerous articles.
   b. India being a culturally strong country where marriage and joint families (parents and brother in laws) stay and take decisions together exists through ages.
   c. Here Nursing is still a woman dominated profession and married nurses are subject to domestic violence.
   d. Scarcity of opportunity to seek therapy exists
   e. The study attempts to use the data confidentially shared by a few nurse victims who agreed to being victim of domestic violence.
   f. These nurses through the study are offered an opportunity to undergo Family counselling.
   g. This mode was considered apt as culturally Families take up joint decisions and can influence behaviour if convinced.
   h. The usefulness was studied through a self-perception module, which will help decide propagation of therapeutics to those Hospitals who wish to implement the same.
3. Body of Content
   Supporting Structure of the study
   1. 884 nurses agreed to being victim of domestic violence in 44 Hospitals in three cities
   2. 459 nurses agreed to undergo family counseling with husband and or other family members
   3. The process was conducted for 14 months for varied periods for each nurse with her family

**Data collection**
1. An item scale developed by Manivannan (2010) was used to measure the self perception
2. A scale of Indian origin was used as the setting of the study was culturally relevant to India in general.
3. The limitation of Diversity amongst the culture existed
4. The data collection was completed by June 2015

**3. Result**
1. The sample of 459 nurses (100%) worked full time and were married during the study.
2. The age of the group ranged from 33yrs to 51 yrs
3. The largest group had 0-4 years of employment history (46.2%).
4. Age of the nurse and self perception were not related
5. Self perception inclined towards a higher positivity in the families where the husband agreed to attend the counseling session( 49%).
6. Self perception was perceived on attitude and ability
7. Results showed that Family though plays a significant role, presence of husband has a better impact on the female nurses self perception.

4. Conclusion

1. Family plays a significant role in an individual woman’s perception
2. Husband has a stronger impact due to the cultural influence
3. The therapeutic approach made an positive impact
4. Hospitals may explore an option of considering this option for a longer duration.
5. The study at a later stage may also study the persistence of the violent behaviour and its cessation/continuation.

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