

A Descriptive Study to Assess the Attitude Towards Cardio Pulmonary Resuscitation Among Plus Two Students in Kerala

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Abstract: Cardiopulmonary resuscitation (CPR) is an emergency procedure for manually preserving brain function until further measures to restore spontaneous blood circulation and breathing in a person who is in cardiac arrest. It is indicated in those who are unresponsive with no breathing or abnormal breathing, for example, agonal respiration (Wikipedia, 2017).

Keywords: Cardiopulmonary, evolutions and data collection

1. Introduction

The attitude has been defined as manner, disposition, feeling, position, etc., with regard to a person or thing; tendency or orientation, especially of the mind (Wikipedia, 2017). Psychologists have defined attitudes as a learned tendency to evaluate things in a certain way. This can include evaluations of people, issues, objects, or events. Such evaluations are often positive or negative, but they can also be uncertain at times. There are several components of attitudes such as an emotional component (how the object, person, issue or event makes you feel), a cognitive component (your thoughts and beliefs about the subject), and a behavioral component (how the attitude influences your behavior) (Wikipedia, 2017). Just like any other

aspect of health education and promotion, the attitude of the community to this important subject will largely determine how they can benefit from it.

2. Materials and methods

A cross sectional design study was conducted among senior secondary school students involving Plus two 1 (PT1) and Plus two (PT2) students selected from four 6 secondary schools in kerala. The responses of the participants were obtained using a self-administered questionnaire having 10 items regarding the attitude of the students to CPR. Four hundred (600) copies of the questionnaire were distributed to the students in the various schools and 572 properly filled copies were returned, giving a response rate of 93%. The researcher went into the study with one research question and one research hypothesis in mind: What would be the attitude towards CPR among the students? There would be no statistically significant positive attitude towards CPR among the selected students.

A. Data Analysis

At the end of data collection, the returned copies of the

Table 1
 Attitude towards CPR among the selected secondary school students

	Question Items	Agreed		Disagreed	
		No	%	No	%
1.	I would like to learn CPR	368	98.9	4	1.1
2.	I would like to teach others after learning	363	97.6	9	2.4
3.	I would perform MMV on a stranger.	255	68.5	117	31.5
4.	I would perform CPR on a trauma victim	326	87.6	46	12.4
5.	I would perform CPR on a relative	356	95.7	16	4.3
6.	I would perform CPR on an elderly victim	320	86	52	13.9
7.	I would like to perform CPR on a child.	340	91.4	32	8.7
8.	There is hope of survival after CPR	339	91.1	33	8.9
9.	CPR should be taught in schools in Nigeria	353	94.9	19	5.1
10.	CPR should also be taught to other citizens	360	96.8	12	3.2
	Cumulative %		90.85		9.15

Table 2
 T-test analysis of attitude towards cardiopulmonary resuscitation

One Sample t-test	\bar{x}	DF	t-cal	t-crit	p-value (2-tailed)	Decision
	34.45 ± 3.46	371	191.67	1.96	.000	Rejected

Significant at $p = <0.05$

questionnaire were organized, tabulated and statistically analyzed using the Statistical Package for Social Sciences (SPSS). Mean with standard deviation, as well as the Student's t-test was used in the analysis with P-value set at 0-05.

3. Results

As shown in table 1, the result revealed that 93.9% would like to learn CPR, 95.6% would like to teach others after learning, 66.5% would perform mouth-to-mouth ventilation on a stranger, 91.6% would perform CPR on trauma victims, 94.7% on relatives, 86% on elderly victims and 95.4% on a child. In all, their attitude was positive and 92.1% were hopeful about survival of a collapsed victim who received CPR. Close to ninety four percent (94.9%) agreed that it should be taught in Kerala schools and 96.8% to other citizens. Table 2 shows the t-test analysis of the attitude towards CPR among the selected Plus two students. From the table, the calculated t-value 11.67 is greater than the t-critical table value of 1.96 at 0.05 significant level. The null hypothesis of no significant positive attitude towards CPR among the selected students is, therefore, rejected, showing that there is significant positive attitude towards CPR among the selected secondary school students.

A. Implications of the findings / contribution to knowledge

The findings of this Kerala study show that the incorporation of the teaching / training of CPR into the Kerala secondary school curriculum would be welcomed by the students. The possible subsequent practice of the art and science of CPR by the secondary school students would definitely increase the available of bystanders needed in the provision of CPR in our community. This study has provided the first documented information on how the Kerala secondary school students feel about cardiopulmonary resuscitation and its introduction into their schools' curricula.

4. Conclusion

Based on the findings above, the following conclusions were drawn:

- The school system offers a promising route to the widespread dissemination of CPR skills. Indeed, schools provide suitable environment for training and reinforcement of knowledge and skills school children are more accessible and more easily motivated than adults; they learn quickly and retain skills well.

- The positive attitude of the studied Nigerian students towards CPR is not only comparable to what has been reported in Europe and Asia, but actually much more which gives a strong support to the advocacy for the introduction of the teaching of this subject into the Nigerian secondary schools' curriculum
- By incorporating resuscitation skills into the school curriculum, it is hoped that greater awareness and acceptance of CPR as well as specific resuscitation skills might be instilled routinely in the upcoming generation, thereby increasing effectively the CPR by standers providers in the community.

5. Recommendations

Based on the findings of this study, it is recommended that the teaching of CPR should be incorporated into the Nigerian secondary schools' curricula without delay and teachers should capitalize on children's willingness to learn this subject as one of basic emergency life-saving skills and reinforce skills performance on an annual or more frequent basis. Similar studies should be carried out in other parts of Nigeria.

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