

“A study to assess the Pet Therapy knowledge among student Nurses of selected Nursing colleges of Pune city”

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Abstract

Intro: the goal of pet therapy is to help people cope with the symptoms of various conditions wherever possible. Study objectives was to assess the knowledge of nurses regarding Pet therapy **Method:** The study used a descriptive research style and a non-experimental quantitative approach with 120 student nurses. The sampling method used was a non-probability purposeful sample. The tool was dismantled into two halves. Section I looked at the sample's socio-demographic variables. Section II addressed a self-administered structured knowledge questionnaire comprised of 36 multiple-choice questions. The cronbach's alpha method was used to assess tool reliability, and the result was 0.88. **Findings** : Nursing student knowledge in terms of frequency and percentage, implying that the majority of respondents (70%) have poor knowledge, a few samples have intermediate knowledge (32%) and 18 percent have Good knowledge. Because the p-values for the year of Nursing programme are less than 0.05, it is clear that the year of Nursing programme has a significant relationship with student nurses' pet therapy knowledge. **Conclusion:** Pet therapy appears to provide a wide range of advantages for both physical and psychological health. It is crucial for nurses to stay current on their expertise, yet it has been discovered that student nurses have limited awareness about pet therapy.

Introduction

The use of animals to help humans cope with and recover from various physical and mental health conditions is known as pet therapy. When a person is in need, animals may be able to provide comfort, alert others if they are in danger, or even take active action to improve

their situation. It is classified as additional or alternative therapy. Existing therapy should be supplemented, not replaced.

Overall, the goal of pet therapy is to help people cope with the symptoms of various conditions wherever possible.

The core of animal therapy is the human-animal bond, which explains people's need to interact with and relate to animals. By interacting with a friendly animal, many individuals may develop a bond with them. This connection might have a calming impact on the individual.

Pets are becoming more common in households. They are considered to be part of our families. One cannot help but wonder why this is the case. Having a pet provides several health advantages. Pet therapy, in example, has been shown to alleviate anxiety and sadness in a wide range of people, including students, the elderly, and children.(Bajorek, 2014)

Pet therapy are used to describe supplementary therapies in which an animal accompanied by a certified handler is utilised as a tool to support an existing treatment plan..(Uknowledge & Million, 2014)

Pets and other animals have been utilised in studies aimed at improving the health of the elderly, including dogs, cats, and animal simulations.(Cherniack & Cherniack, 2014)

Pets may also have a positive effect on the behaviour of demented elderly owners. In one comparative assessment, demented pet owners were less likely to exhibit verbal aggression, but were otherwise similar to non-pet owners in terms of the likelihood of vegetative, hyperactive, or psychotic tendencies.(Cherniack & Cherniack, 2014)

Statement of the Problem

A study to assess the Pet Therapy knowledge among student Nurses of selected nursing colleges of Pune city

Objectives

- To assess the knowledge of nurses regarding Pet therapy
- To find the association between the knowledge on Pet therapy with certain demographic variables

Material and Method

The study used a descriptive research style and a non-experimental quantitative approach. A total of 120 student nurses participated in the study. The sampling method used was a non-probability purposeful sample. The researchers employed a self-administered standardised questionnaire on pet therapy. The tool was dismantled into two halves. Section I looked at the sample's socio-demographic variables, such as age, gender, year of nursing school, and pet therapy training. Section II addressed a self-administered structured knowledge questionnaire comprised of 36 multiple-choice questions. Each correct response was worth one point (01 point), while incorrect responses were worth zero points (0 marks). The cronbach's alpha method was used to assess tool reliability, and the result was 0.88.After gaining consent from each participant, both components of the instrument were delivered to chosen samples.Both components of the instrument were provided to selected samples after obtaining consent from each participant.

Findings

I :Details of Sociodemographic variables

n-120

Variable	Description	Frequency(%)
Age	18-20 years	40
	21-22 years	60
	23years and above	20
Gender	Male	36
	Female	84
Year of Nursing Programme	2nd year	40
	3 rd Year	40
	4 TH Year	40
Socio Economic status	Poor	45

	Average	50
	Good	25
Training attended on pet therapy	Yes	02
	No	118

Table I: The bulk of responders (60%) were of 21 and 22 years old, with the remainder (40%) of 18 and 20 years old. Female respondents made up 84% of all respondents, while male

respondents made up 36% of all respondents. Each nurse batch received the same amount of replies. Only 2% of those who have taken a pet training class or workshop have done so.

II: Pet Therapy knowledge assessment among student Nurses

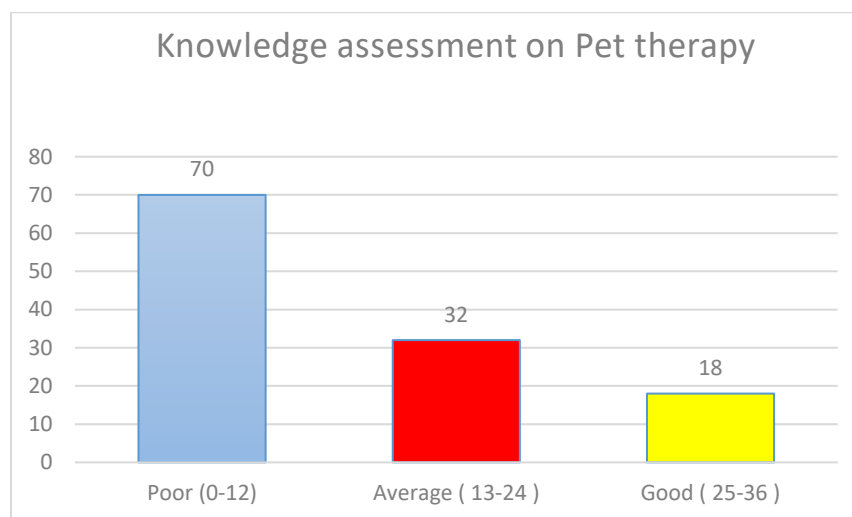


Fig 1: Knowledge assessment on Pet therapy of Nursing student .

The figure depicts nursing student knowledge in terms of frequency and percentage, implying that the majority of respondents (70%) have

poor knowledge, a few samples have intermediate knowledge (32%) and 18 percent have Good knowledge.

Section III

Table 2: The relationship between knowledge assessment and specific demographic variable

Variables		p value
Age in Years	18-20 years	0.111
	21-22 years	
	23years and above	
Gender	Male	0.232
	Female	
Year of Nursing Programme	Second year	0.038
	Third Year	
	Fourth Year	
Socio Economic status	Poor	0.471

Training attended on pet therapy	Average	1.082
	Good	
	Yes	
	No	

Because the p-values for the year of Nursing programme are less than 0.05, it is clear that the year of Nursing programme has a significant relationship with student nurses' pet therapy knowledge, and no other demographic variable has been found to have a significant relationship with student nurses' pet therapy knowledge.

Discussion

In the present study majority of the nurse, knowledge on pet therapy is found poor and year of Nursing programme has a significant relationship with Pet therapy knowledge

A brief meeting with therapy dogs prior to a drug calculation exam lowered anxiety in a convenience sample of nursing students. This study adds to the body of data in the field of pet therapy and nursing student anxiety-coping methods..(Anderson & Brown, 2021)

Conclusion: Pet therapy appears to provide a wide range of advantages for both physical and psychological health. It is crucial for nurses to stay current on their expertise, yet it has been discovered that student nurses have limited awareness about pet therapy.

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Conflict of Interest : Nil

Reference:

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