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Development of mentoring program for students who underwent violence at high school

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Numbers of students with experience of school violence has been increasing in Korea. There has yet not been found a single intervention to stop violence in which most high school students stay from early morning to late evening except for weekend.

In order to investigate effect of mentoring program on the violence, a boy's high school in south-east province in Korea was conveniently selected. Firstly, prevalence of violence and depression episode was 11.34 % out of three-hundred and twenty-nine respondents. Means of depression score measured by the Korean version of Beck Depression Inventory and violence number were 21.20 and 4.0 respectively. Secondly, four students as mentor and eighteen students with violence experience as mentee were included before, during, and after the mentoring program.

External characteristics of mentees such as 'being quiet and passiveness', 'powerlessness' and 'verbal abusiveness' were often seen by mentor students. Verbal abuse and threat explained the most common type of violence, as one third of the mentees reported.

When mentoring program for the students twice a week by mentors over twelve-week period, however, the incidence of school violence and depression were significantly decreased ($P < .05$). The program also contributed to improve mentor's competences measured by the Primary Communication Inventory (Narva 1967), the Index of Empathy for Children and Adolescents (Bryant 1982) alongside relationship building ability measured by Relationship Change Scale (Schlein & Guerney 1977). As therapeutic communication skills (i.e. empathy, active listening) and journal writing were consistently applied by mentors through the entire program, further survey can focus on them in terms of sustainability of those skills coupling with school violence prevention.

Biography

Seolhyang Baek has completed her PhD at the age of 33 years from Busan National University and postdoctoral studies from Birmingham University School of Psychology. She used to be the director of student's counselling centre at Dongguk University, and now works as dean of the office of international affairs at the university since 2016. She has published more than 25 papers in reputed journals and has been serving as key member of health education related academic societies in Korea.

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