



Original Research Article

Effectiveness of Structured Teaching Programme on Knowledge Regarding the Awareness of Cataract among Old Age People in Kolar District, Karnataka

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ABSTRACT

Globally, cataract accounts for almost half (47%) of the world blindness. In India cataract has been reported to be responsible for 50-80% of the bilateral blindness in our country. The prevalence of cataract is high in developing countries. It is mainly due to less awareness of cataract among people. Hence there is a need for health education among peoples to increase their level of awareness and knowledge of blindness. The conceptual frame work selected for the study was based on "General System Theory". An evaluatory approach was adopted for the study. The research design used is pre experimental design (one group pre-test post-test design). The study was conducted in Kolar district. Population of the study was 60 old age people. Structured interview schedule was used to collect data. Non probability convenient sampling technique was used. The data was planned to analyze on the basis of objectives and hypothesis of the study. Descriptive and inferential statistics were used for data analysis. The research was concluded with improved knowledge regarding awareness of cataract among old age people.

Key words: Cataract, Blindness, world Health Organization, cataract surgical coverage.

INTRODUCTION

The term cataract is defined as the opacity in the crystalline lens in the eye that results in blurred vision or glare. [1]

According to world health organization, cataract is the leading cause of blindness in the world. Globally, cataract accounts for almost half (47%) of the world blindness. In India cataract has been reported to be responsible for 50-80% of the bilateral blindness in our country. [2]

In 1976 India become the first country in the world to start a national program for the control of blindness. Statistics reveal that over 12 million people in India are visually handicapped.

Prevalence of blindness is high in states like Madhya Pradesh and Rajasthan. The most common cause for blindness across the country is cataract. [3]

The prevalence of cataract is high in developing countries. It is mainly due to less awareness of cataract among people. Majority of people don't know or believe that cataract is generally curable. The one who is aware about cataract and its surgical intervention were not willing to undergo surgery due to reason such as fear, cost of surgery, lack of felt needs, family attitude towards them and religious practice among those who are willing for surgery. Only a few percentages of them get operated, while

the rest are unable to have access for or not knowing where to go for surgery.

Another reason for the high prevalence of cataract is the maldistribution of health care services by the health care authorities. The prevalence of blindness in rural population is (57%) more than the urban population. This is mainly because most of the eye care hospitals are mainly available in the urban areas. This leads to the poor uptake of services by the rural people.^[4]

This shows that significant factor of blindness is their ignorance about health. This ignorance level of people can be solved by creating awareness among them. Hence there is a need for health education among peoples to increase their level of awareness and knowledge of blindness. Such awareness and knowledge could lead to better understanding and acceptance of the importance of routine eye examinations for the early detection and treatment of cataract and thereby reducing the visual impairments among the target population.

Objectives

1. To assess the existing level of knowledge regarding the awareness of cataract among old age people.
1. 2. To determine the effectiveness of structured teaching programme on knowledge regarding the awareness of cataract among old age people.

Description of the Tool

The instrument used for the study is knowledge questionnaire, which were designed by the investigator. It consists of 2 parts.

Part I: Part I consist of items related to socio demographic data of clients such as age, sex, religion, education, occupation, monthly income, marital status, History of systemic diseases and source of information.

Part II: Part II consists of structured questionnaire scheduled to assess the

knowledge regarding the awareness of cataract among old age people.

Research design:

Pre experimental- one group pretest posttest research design has been adopted for the study.

Major findings of the study:

- Regarding age most of the subjects i.e. (36.66%) were in the age group of 60 -70 years, (31.66%) were in the age group of 71-80 years, (25%) of them were in the age group of 81-90 years and only (6.66%) of clients were above 90 years.
- In gender majority of the subjects (60%) were females and only (40%) were males.
- Regarding religion Majority of the subjects (41.66%) belongs to Hindu religion; 30% of them belong to Muslim religion; (25%) from Christian religion and only (3%) from others.
- Regarding education most of the subjects (40%) completed primary education, (26%) had no formal education; (15%) completed secondary education and (8%) completed graduation.
- Regarding occupation most of subjects (40%) were doing business, (18%) house wife and (12%) were govt employees and (10%) doing other occupation.
- According to Family income/month majority of the subjects (30%) get their monthly income of Rs3001-5000, (26.66%) get Rs5001-7000, (23.33%) of them get income less than Rs3000 and (20%) of them get monthly income above Rs7000.
- About marital status, majority of the subjects (41.16%) were widow/widower, (38.33%) were married, (13.33%) of them were

unmarried and (6.66%) were single /divorced.

- Regarding history of systemic diseases, majority of subjects (38.33%) were suffering from Hypertension, (31.66%) from arthritis and (30%) of them were suffering from Diabetes mellitus.
- About previous source of health information majority of the subjects (23.33%) were getting health related information through mass media, (21.66%) from health Professionals, (20%) from family members, (16.66%) from friends, (10%) from self and (8.33%) from neighbors.

1. 85% of old age people had inadequate knowledge and 11.66% had moderate knowledge by pretest. 75% had adequate knowledge and 23.33% had moderate knowledge by post test. (as shown in table no 1)
2. Overall Post test mean score on knowledge was 22.15 with standard deviation of 3.56, which was more than the pretest mean score 8.05 with standard deviation of 3.73. This showed that structured teaching programme was effective (as shown in table no 2)
3. This study showed that there was significant difference between pre and post test scores on knowledge regarding cataract among old age people.

RESULTS

Assessment of knowledge scores before and after STP (table no 1).

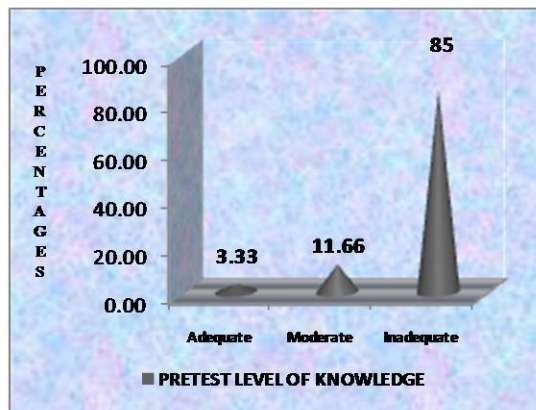
Level of knowledge	Pre test		Post test	
	Frequency	Percentage	Frequency	Percentage
Adequate(1-12 scores)	2	3.33 %	45	75%
Moderate(12-20 scores)	7	11.66%	14	23.33 %
Inadequate(21-30 scores)	51	85 %	1	1 %
Total	60	100 %	60	100%

Overall mean, median, standard deviation, paired 't' value of pre test and post test score. (Table no 2)

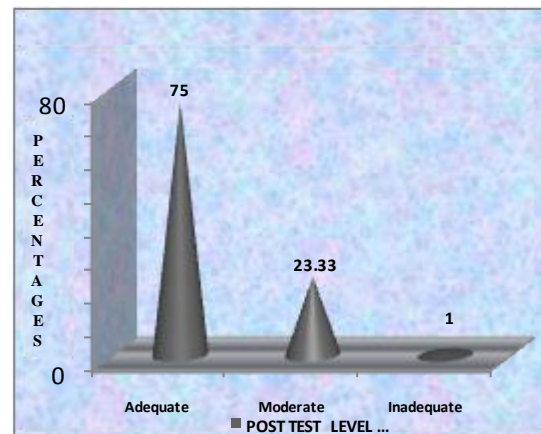
Test	Mean	Median	Standard deviation	Paired 't' value
Pre test	8.05	7	3.73	48.6
Post test	22.15	22.5	3.56	Df = 59*

$t_{tab} = 2.000$, $df = 59$, * - Significant at level of $P < 0.05$

Percentage and frequency distribution of pretest on knowledge regarding the awareness of cataract among old age people (fig no 1)



Percentage and frequency distribution of posttest on knowledge regarding the awareness of cataract among old age people (fig no 2)



DISCUSSION

The present study was done to assess the effectiveness of structured teaching program on knowledge regarding the awareness of cataract among old age people. In order to achieve the objectives of the study, pre-experimental design (one group pre test post test without control group) was adopted. Non probability convenient sampling technique was used to select the samples. Pre test was conducted prior to the implementation of structured teaching program and post test was conducted after seven days. Effectiveness was assessed by using interview schedule for the pre test and post test knowledge score regarding awareness of cataract.

The analysis of data is organized and presented under the following sections:

Section (A). Demographic data of the subject.

Section (B). Analysis of effectiveness of structured teaching program on awareness of cataract among old age.

The first objective was to assess the existing level of knowledge regarding the awareness of cataract among old age people.

The overall Pre test knowledge scores regarding the awareness of cataract among old age people shows that majority of clients i.e.; 51 (85%) had inadequate level of knowledge; 7(11.66%) had moderate knowledge and 2(3.33%) of them had adequate knowledge(as shown in table no 1&figure no 1). overall mean score, median and standard deviation of Pre test knowledge score regarding awareness of cataract among old age people were 8.05, 7 and 3.73 respectively (as shown in table no 2).

The second objective was to determine the effectiveness of structured teaching program on knowledge regarding the awareness of cataract among old age people.

The overall mean, median and standard deviation of Post test knowledge score regarding awareness of cataract among old age people were 22.15, 22.5 & 3.56 respectively(as shown in table no 2). In the present study, the mean post test knowledge score was (22.15) which are apparently higher than the mean pre test knowledge scores (8.05) and the mean difference was 14.1, which represents significant gain of knowledge through the structured teaching program.

The post test assessment by level of knowledge reveals that 75% of old age peoples have adequate knowledge, 23.33% have moderately adequate knowledge and 1% has inadequate knowledge (as shown in figure no 2 & table no 1). This shows that the structured teaching program is effective.

CONCLUSION

The following conclusions were drawn on the basis of the finding of the study. The finding of the pre test showed that none of the subjects had adequate knowledge on awareness of cataract. After the structured teaching programme although they had gained knowledge in all areas of cataract, there are still much more scope for improving their knowledge, especially in the area of causes, sign & symptoms, risk factors, treatment and prevention of cataract.

The paired' test which was computed between pre test and post test knowledge scores indicates a true gain in the knowledge. Hence it was concluded that structured teaching program as an effective method to improve the knowledge among the subjects.

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