



EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING PREVENTION OF VIRAL HEPATITIS AMONG PRE UNIVERSITY STUDENTS IN SELECTED PRE UNIVERSITY COLLEGE AT HASSAN.

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ABSTRACT

Acute viral hepatitis is the most common parenchymal liver disease seen in community. It is a worldwide problem including India. It occurs mainly due to unhygienic practices, unsafe water and poor environmental sanitation. It is common in adolescents; there was a need to educate this group focusing on primary prevention. A pre-experimental single group pre-test post-test design was used in the present study. 60 samples were selected using stratified random sampling technique and the data was collected from the samples using a structured knowledge questionnaire on prevention of viral hepatitis. It was observed that the post test scores was 75.77% which was significantly higher than the pretest knowledge score, which was 37.1%, the pretest knowledge scores in Experimental (39.5%) and Control group (39.9%). The paired't' test value was 30.67 at P=0.00 level. Thus the findings of the study signify that structured teaching programme was effective in enhancing the knowledge of Pre University students on prevention of Viral Hepatitis. The present study concluded that structured teaching programme on prevention of viral hepatitis was an effective method for providing moderate to adequate knowledge among Pre University Students to enhance their knowledge regarding prevention of viral hepatitis.

KEYWORDS : Viral hepatitis; structured teaching programme; teaching ; effectiveness ; knowledge ; students.

Introduction

Viral hepatitis is known as “inflammation of the liver” due to viral infection. It is a worldwide problem emerging from western as well as eastern part of the world including India. It occurs due to unhygienic practices, unsafe, poor environmental sanitation, etc. Viral hepatitis is most common in adolescents. The causative agents are the heterotropic viruses (A, B, C & E). While hepatitis A & C transmitted through enteral route, hepatitis B & C transmitted through parenteral route. It is necessary that everyone should be aware of the disease. The major challenge faced by the health care workers today is to provide awareness about hepatitis so as to promote healthy behavior and thus be able to prevent disease.

The present study wished to assess the gain in knowledge of Pre-university students after the administration of Structured Teaching Program on prevention of viral hepatitis. Hence the research approach adopted for this study was an evaluative approach. Evaluative approach helps to explain the effect of independent variable on the dependent variable.

Methodology

The research design selected for the present study was Quasi experimental design with single group pre-test post-test research. In this study pre-test and post-test were carried out for assessing the knowledge of Pre-university students on Prevention of viral hepatitis. Pre-test was conducted on day one followed by administration of STP on the same day and post-test was conducted on eighth day. 60 samples were selected from M Krishna P. U College, Hassan, Karnataka; India. The setting was selected on the basis of Geographic proximity, Feasibility of conducting study and availability of the sample. The independent variable was structured teaching programme on prevention of viral hepatitis, the dependent variable was the knowledge of Pre-university students and Extraneous variables were selected socio demographic variables such as Age, Sex, Religion, Discipline of study in pre university course, Academic grade in SSLC, Religion, Type of family, Area of residence, Family Income per month, previous source of information regarding viral hepatitis, History of occurrence of hepatitis.

Results

- **Sociopersonal data of pre university students**
- Majority of Pre-university students belong to 16yrs (55%)

- Out of the samples selected, males were higher than females (70%).
- Majority of students belong to science discipline in Pre University Course (43.3%).
- Most of the students were had first class in SSLC (66.7%).
- Regarding their religion, majority of the Pre-university students were Hindus (83.3%).
- Major percentages of Pre-university students belongs nuclear family (65%).
- Majority of the Pre-university students (56.7) were residing in rural area.
- Major percentage of Pre-university students' monthly family income was between Rs.2000 to Rs 5000 in both the groups (30%).
- Majority of the Pre-university students (40.0%) acquired previous information regarding viral hepatitis from teachers.
- Most of the Pre-university students (66.7%) did not have history viral hepatitis to their and family members.
- Knowledge level of Pre-University students regarding prevention of viral hepatitis before and after the administration of structured teaching program.

Table I : Pre test overall knowledge score on prevention of viral hepatitis.

N=60

ASSESSMENT	RANGE		Mean	SD	Mean % of Knowledge
	MIN	MAX			
Overall pre-test Knowledge	5	17	11.13	2.404	37.1

Table I reveals the overall pretest knowledge of Pre-university students regarding prevention of viral hepatitis. The mean score is 11.13 with a mean percentage of 37.1% with a standard deviation of 2.404 before the administration of structured teaching program.

Table II: Distribution of subjects according to pre test knowledge level

(N=60)

Level of Knowledge	Frequency	Percentage
Moderately adequate	37	61.7
Inadequate	23	38.3
Total	60	100

Table II depicts the distribution of Pre-university students according to the pre test level of knowledge regarding prevention of viral hepatitis. In the pre test 61% of students have moderate adequate knowledge, 38.3% of students have inadequate knowledge and none of them have adequate knowledge.

Table III: Post test overall knowledge score on prevention of viral hepatitis.

N=60

Knowledge	RANGE		Mean	SD	Mean % of Knowledge
	MIN	MAX			
Overall post-test Knowledge	15	30	22.73	2.357	75.77

Table III describes the overall post test knowledge of Pre-university students regarding prevention of viral hepatitis. The mean score is 22.73 with a mean percentage of 75.77% with a standard deviation of 2.357 after the administration of structured teaching program.

Table IV: Distribution of subjects according to post-test level of knowledge.

N=60

Level of Knowledge	Frequency	Percentage
Adequate	20	33.3
Moderately adequate	40	66.7
Total	60	100

Table IV reveals the distribution of Pre-university students according to the post test level of knowledge regarding prevention of viral hepatitis. In the post test 66.7% of students have moderately adequate knowledge, 33.3% of students have adequate knowledge and none of them have inadequate level of knowledge.

• **Comparison of pre and post test knowledge scores among the pre university students among subjects**

Table V: Determination of Overall Mean Knowledge Score Before and After S.T.P

N=60

Knowledg e	No. of Subjects	Pre-test		Post-test		Mean of differences		Paired t-test
		Mean	SD	Mean	SD	Mean	SD	
Overall Knowledge score	60	11.13	2.404	22.73	2.357	11.6	2.93	t=30.67

HS, p<0.000, df=59

Table V shows the comparison of overall knowledge Pre university students before and after structured teaching program. The mean pre test score is 11.13 and the mean post test score is 22.73. The mean difference is 11.6 with a standard deviation of 2.93. The Student's paired t-test value is t=30.67 and is highly significant at p<0.000 level.

• **Association between The Selected Demographic Variable And The Level Of Knowledge.**

The study identified significant association between history of occurrence hepatitis and pre-test knowledge score. This type of association is statistically significant and it was calculated using Pearson chi square test (Chi Square value=0.141P=0.707). The other socioeconomic variables like age, gender, Discipline of study, Academic grade in SSLC, religion, type of family, area of residence, family income per month, source of information have no association with pre-test knowledge score.

Discussion

The study shows that the students in pre test were having a mean

percentage score of 37.1% of knowledge regarding prevention of viral hepatitis in overall aspects. Students' pre test level of knowledge shows that 38.3% of students have inadequate knowledge and 61.7% of students have moderate adequate knowledge. Considering the aspects of prevention of viral hepatitis they are having below average knowledge.

The findings of the study revealed a significant increase in the post test knowledge score after the administration of structured teaching program. The pre test knowledge score of the Pre-University students was 37.1% and the post test knowledge score was 75.77%. There is a significant increase of 38.67% knowledge after the administration of STP. The mean knowledge score of P.U students improved from 11.13 to 22.73. The statistical significance in knowledge score was calculated using 't' test. The difference between pre and post test knowledge score was significant. The paired 't' value was 30.67 at p=0.000 level.

There is a significant difference between the pre test and post test knowledge score. Comparison was calculated by student paired 't' test and the value is t=30.67, mean difference is 11.6, and the standard deviation is 2.93.

The findings of the study revealed that a significant increase in the knowledge of P.U students in pre-test, out of the several demographic variable, previous history of hepatitis is significantly associated with the knowledge scores regarding prevention of viral hepatitis.

Conclusion

According to WHO studies one among every twelfth in the world population is affected with hepatitis. There is lack of public awareness regarding the preventive measures and treatment of hepatitis. The present study also revealed that none of the students have adequate knowledge regarding viral hepatitis. Planned intervention was found to be much effective in enhancing the knowledge level of pre university students regarding viral hepatitis. The most important role of the nurse is to provide awareness to the public regarding the hepatitis. The nurse plays an important role in disease prevention and health promotion. Several implications can be drawn from the present study for nursing practice. The health personnel have added responsibility in educating the public regarding disease prevention and help in maintenance of health by modification of life styles.

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