



## TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING ON KNOWLEDGE REGARDING THE PREVENTION AND RISK FACTORS OF HEMORRHOID AMONG GENERAL POPULATION.

**Ms. Martina R. Landge**

M.Sc. Nursing, Department of Medical Surgical Nursing, Smt. Radhikabai Meghe Memorial College of Nursing, Sawangi (Meghe), Wardha, Maharashtra, India.

**Dr. Seema Singh\***

Principal & HOD, Department of the Medical Surgical Nursing, Smt. Radhikabai Meghe Memorial College of Nursing, Sawangi (Meghe) Wardha, Maharashtra, India.  
\*Corresponding Author

### ABSTRACT

In India more than 40 million people are suffering from hemorrhoids. Even though, people are knowledgeable and they won't reveal the symptom and seek health care in early stage of disease. This necessitates the need of health education among public in order to enhance the medical possibilities to intervene this disease before proceeding into complications. The most interesting fact is that we can prevent successfully prevent all the risk factors and thus can control the development of this disease. **Material and Method:** Material Methods: research approach: Quantitative Evaluative approach. Research design: Pre experimental one group pre test post test design. Setting of the Study: This study was conducted in community area. Sample: general population. Sampling technique: Samples will be selected by Nonprobability convenience sampling technique. Sample size: Sample size for this study is 60. Tool: Structured knowledge questionnaire including demographic variables and planned teaching was used for the study. Result: The result of this study shows that 40 (66.6%) having very good level of knowledge and 20(33.3%) having an excellent level of knowledge. To find the effectiveness of planned teaching 't' test was applied and t value was calculated, post test score was significantly higher at 0.05 level than that of pretest score

**KEYWORDS :** Knowledge, Effectiveness, Planned Teaching.

### INTRODUCTION

"The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not." - Mark Twain  
There are several very painful experiences that one suffers in stillness as it is a discomfoting topic to be even discussed. Hemorrhoids is such a common occurrence in adults but is very rarely talked about because of the embarrassing nature of the condition. Many people are even too embarrassed to see their doctor about hemorrhoids. Nearly every patient visiting the general or colon and rectal surgeon with anal problems comes in complaining of "hemorrhoids". They are often assigned blame for purities ani, anal fissures, condylomata acuminata, fistula in ani and incontinence. Treatment for hemorrhoids is only needed if they are truly symptomatic. The mere presence of hemorrhoids is not an indication for any therapeutic intervention.<sup>1</sup>

Hemorrhoids are of two types; the one which is placed inside is named as Internal Hemorrhoids and is structured just under the tissue that lines the inside of the rectum.

### Problem statement

To assess the effectiveness of planned teaching on knowledge regarding the prevention and risk factors of hemorrhoid among general population

### OBJECTIVES

- To assess the existing knowledge regarding prevention and risk factors of haemorrhoids among general population.
- To evaluate the effectiveness of planned teaching on knowledge regarding prevention and risk factors of haemorrhoids among general population.
- To associate the knowledge scores with selected demographic variables

### Methodology

**Research approach-** Descriptive evaluatory approach.

**Research design-** One group pretest-posttest design.

**Setting of study-** This study will be conducted in community area

**Sample size-** 60

**Sampling techniques-** Non-probability convenience sampling

Tool- structured knowledge questionnaire including demographic variables will be used for the study.

**Independent variable-** planned teaching regarding prevention and risk of the hemorrhoid among general population.

**Dependent variable-** knowledge of prevention and risk of the hemorrhoid among general population.

### Sampling criteria

#### Inclusion criteria:

- People in selected area who are willing to participate in the study.
- People who are available at the time of data collection.
- People who can understand and write English, Marathi

#### Exclusion criteria:

- People who have already attended similar type of study

### RESULT

This section deals with the assessment of knowledge regarding prevention and risk fac. The level of knowledge is divided under following headings: poor, average, good, very good, excellent.

**TABLE NO. 1 Assessment Of Pretest Knowledge Score Regarding Prevention And Risk Factors Of Hemorrhoid Among General Population.**

Level of knowledge score	Score	Percentage score	Pretest Knowledge score	
			Frequency	Percentage
Poor	0-4	0-20%	7	11.6%
Average	5-8	21-40%	44	73.33%
Good	9-12	41-60%	9	15%
Very good	13-16	61-80%	0	0%
Excellent	17-20	61-80%	0	0%
Minimum score	1			
Maximum score	4			
Mean score	1.40 ± 0.493			
Mean Percentage	7			

The above table No.6 shows that none of them had poor level of knowledge score is 7(11.6%), average level of knowledge score 44(73.33%), good level of knowledge score is 9(15%), very good level of knowledge score is 0 (0%) and excellent level of knowledge

score is 0 (0%). The minimum score was 1 and the maximum score was 4 the mean score was  $1.40 \pm 0.493$  with a mean percentage score of 7%.

**TABLE NO. 2 Assessment Of Posttest Knowledge Score Regarding Prevention And Risk Factors Of Hemorrhoid Among General Population.**

Level of knowledge score	Score	Percentage score	Posttest Knowledge score	
			Frequency	Percentage
Poor	0-4	0-20%	0	0%
Average	5-8	21-40%	0	0%
Good	9-12	41-60%	0	0%
Very good	13-16	61-80%	40	66.6%
Excellent	17-20	81-100%	20	33.3%
Minimum score	12			
Maximum score	19			
Mean score	$15.75 \pm 1.601$			
Mean Percentage	78.75%			

The above table no. 7 shows that of sample were had poor level of knowledge score, none of them had poor level of knowledge score, none of them had average level of knowledge, none of them had good level of knowledge, 40 (66.6%) have very good level of knowledge, 20 (33.3%) had excellent level of knowledge score. The minimum score was 12 and the maximum score was 19 the mean score was  $15.75 \pm 1.601$  with a mean percentage score of 78.75%.

## DISCUSSION

The findings of the study were discussed with reference to the objectives stated in chapter I and with the findings of the other studies in this section. The present study undertaken was "To assess the effectiveness of planned teaching on knowledge regarding prevention and risk factors of hemorrhoid among general population." In India approximately 40,723,288 people are reported to have hemorrhoids. 1 million new cases are reported annually, 47 per 1000 and increases with age, age group of 45-65 yrs, it is estimated that 50-85% of people around the world have hemorrhoids and in India 75% of the population is estimated. Current statistics suggest that almost half of people in their fifties have piles. Age is not the only factor though, and hemorrhoids can affect people of any age group or gender. A study conducted in United States, regarding the incidence and prevalence of hemorrhoids, it is found that approx. 1 in 26 or 3.82 percent or 10.4 million people have hemorrhoids in United States of America. In the US, about 4.4% of the general population has hemorrhoids which occur more often in Caucasians from rural areas and in those with higher socio-economic status. Prevalence of hemorrhoids increases with age and peaks in people aged 45-65 years. According to the same statistics (1983-87) the Mortality: 17 deaths, Hospitalizations: 316,000, Physician office visits: 3.5 million, Prescriptions: 1.5 million, Disability: 52,000 people

## CONCLUSION

The researcher as a part of her post graduate programmed, conducted an intervention research on the topic to assess the effectiveness of planned teaching on knowledge regarding prevention and risk factors of hemorrhoid among the general population patients. The researcher aimed to improve the level of knowledge of prevention and risk factors of hemorrhoid among general population. The predetermined certain objectives, to precede the study. Those objectives were adequate to reach into the findings. A particular time period has been allocated for each step. Investigator had presented her hypothetical views about the study in its beginning. The study had done by separating the topic into 5 chapters. And finally the researcher reached into her findings.

## 1. Recommendation

Recommendations for further study Based on the findings of the study the following recommendations could be made-

- To assess the effectiveness of planned teaching on knowledge regarding the complications hemorrhoid in general population
- A study was conducted on incidence and prevalence of hemorrhoid in India.
- hemorrhoids – a common ailment among adults, causes & treatment
- A study was conducted in Karnataka India, a study associated risk factors of hemorrhoids Karnataka India.
- A study to assess the effectiveness of structured teaching programmed on factors influencing hemorrhoids among sedentary workers in selected P.U colleges at Hassan

## REFERENCES

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