



A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON FOOD STORAGE, PREPARATION AND SERVING AMONG WOMEN SELECTED VILLAGE, AVADI, CHENNAI.

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ABSTRACT **Aim:** To Assess the Effectiveness of Structured Teaching Programme on food Storage, Preparation and serving among women in selected village, avadi, Chennai. Conceptual framework for the study was Alabwign Von Bettanlaffy General System model (1986). Research design used for the study was a pre experimental research. This study was conducted in Kovilpathagai village at Chennai. The population for this study consist of women aged between 20 to 40 yrs. A non probability convenience sampling technique was used to select the sample. Data collection tool consist of demographic variable, self administered multiple choice questions to assess the level of knowledge regarding food Storage, Preparation and Serving. The collected data were tabulated, analyzed and interpreted by using descriptive and inferential statistical methods. Establishment of content validity of data collection tool and structured teaching programme was obtained. Pilot study was conducted in kovilpathagai village among women aged between 20-40 yrs to find out the feasibility and practicability of the tool and the study. The mean score of the of knowledge in post- test was higher than in pre- test. The 't' value was 15.67 showed a very high level of significant at $**p<0.01$ level. The stated hypothesis was there is a significant difference between the pre and post test level of knowledge among the women regarding food storage preparation and serving, selected demographic variables. Above findings suggest that the structure teaching programme helps to change knowledge on food storage, preparation and serving among women.

KEYWORDS : Asses, Effectiveness, Structured teaching programme, Storage, Preparation

INTRODUCTION

Food provides energy to build and maintain our body cells. It is important to distinguish between food and nutrients. Food is essential for the growth and development of an infant to grow towards the various stages of life and to maintain the body functions.

We eat when we are hungry, Satisfying hunger is just one function of food, and there are other important function that we usually do not think about when we eat. Basically, food has three important function for the human body like giving energy for all type if activity, helping the body to grow in size and protecting the body from diseases.

Outbreaks of food borne diseases are recorded separately only when the patients are hospitalized, and that too in selected government hospitals. For example, in Hyderabad city, official statistics indicted that on an average only 28 cases of food borne diseases per 100,000 populations, occurred every year. Most cases are unreported and unrecorded.

Food borne diseases continue to be a major public health problem in the developed and developing world alike. Current statistics for food borne illness in various industrialized countries show that up to 60% of cases may be caused by poor food handling techniques and by contaminated food served in food service establishments.

Diarrhoea continues to be a major problem in the developing world, resulting in more than three million deaths. Children especially those who are malnourished remain at a greater risk. More than 1.5 billion episodes of diarrhea haven been reported in the children below five years resulting in over three million deaths.

MATERIAL AND METHODS:

The research design for this study was one-group pre test and post test (01X02) pre experimental design. Independent Variable is structure teaching programme on food storage preparation and serving. Dependent variable is level of knowledge among women. The target population selected for this study was women aged between 20 to 40 yrs. Sample consist of 60 women between 20 to 40 yrs. The sample selected for this study by using a non probability convenience sampling technique. The research develops tool necessary for the present study as per expert's opinion. It consist of Part -I: Demographic Variables. Part -II: Multiple choice Questions to assess

the level of knowledge regarding food storage, preparation and serving. The total score consist of 40 multiple choice questions. Correct response was scored one mark and wrong response was scored zero. For the purpose of study the total score was converted in to percentage and interpreted as follows >75% - adequate knowledge 50-75% - Moderate knowledge <50% - Inadequate knowledge. The demographic variables were analysed by using descriptive measures. The knowledge was assessed by using Descriptive statistics (mean, SD), The effectiveness of structured teaching programme was assessed by using paired 't' test. Association between the knowledge on women with the selected demographical variables were analyzed by using inferential statistics (chiquare).

INTERVENTION:

The study those who are in kovilpathagai village constituted the study population. Women were met in their homes by the investigator. The data was collected by questionnaire method and pre test was done. After that structured teaching programme was given. After seven days post test was conducted. The data were analyzed using both descriptive and inferential statistics.

RESULT:

Frequency and percentage distribution of pre test level of knowledge of women on food storage, preparation and serving
20 (33.3%) women had adequate knowledge about storage, 36 (60%) women had moderately adequate knowledge and four (6.7%) women had inadequate knowledge.

With respect to preparation, 27 (46.6%) women had adequate knowledge, 25 (41.7%) had moderately adequate knowledge, eight (13.3%) women had inadequate knowledge.

Regarding serving, 28 (46.7%) women had adequate knowledge, 28 (46.7%) had msoderately adequate knowledge and four (6.6%) women had inadequate knowledge.

Frequency and percentage distribution of post test level of knowledge of women on food storage, preparation and serving
57 (95%) women had adequate knowledge about storage and only three (5%) of them had moderately adequate knowledge in the post test.

With regard to preparation, 58 (96.7%) women had adequate knowledge and only two (3.3%) of them had moderately adequate knowledge.

With respect to serving, 56 (93.4%) women had adequate knowledge and only four (6.6%) of them had moderately adequate knowledge
Regarding the mean and standard deviation of pre and post test assessment on food storage, preparation and serving.

With respect to storage, the pre test mean score was 9.72 with standard deviation 1.217 and the post test mean score was 14.23 with standard deviation 0.835.

Considering preparation, the pre test mean score was 10.65 with 1.563 and the post test mean score was 14.1 with standard deviation 0.921.

Regarding serving the pre test score was 7.25 with standard deviation 1.079 and post test mean score was 9.3 with standard deviation 2.601.

Table 1: Assessment of effectiveness of structured teaching programme on food storage, preparation and serving

S.No	Test	Mean	S.D	't' test
1	Pre test	27.62	3.859	15.67** (S)
2	Post test	37.63	2.601	

**p<0.01, s-significant

Table-5 reveals the assessment overall mean soon was 28.2 with standard deviation 5.45 and the post assessment overall mean score was 36.5 with standard deviation 2.41 and 't' value was 15.67 showed a very high level of significant at **p<0.01 level.

DISCUSSION:

The study was conducted by using one group pre test post test design. The sample size was 60 women the self administered multiple choice question were used to assess the knowledge regarding food storage, preparation and serving among women. The responses were analyzed through descriptive statistics (mean, frequency, percentage and standard deviation) and inferential statistics (correlation, coefficient, paired t test and chi-square). The results of the study have been discussed which is based on the objectives stated for the study.

The frame work used in the study was based upon Alabwign Von Bettanlaffy general open system model (1986). The main concept of the general open system model are input, through put output. Assessment of knowledge by structured questionnaire and health teaching given to women is the input. Structured health teaching brought the change in women knowledge is throughput. Improvement in women knowledge regarding food storage, preparation and serving is the output. the overall findings of the study had showed that the structured teaching programme to the pre experimental group regarding food storage, preparation and storage among women was effective and had brought about a change in the level of knowledge.

CONCLUSION:

The result of the present study showed that the women 20-40 yrs those who are in kovilpathagai village scored of high score after participated in structure teaching programme. therefore it was concluded that structure teaching programme was effective to bring better understanding on food storage, preparation and storage.

RECOMMENDATIONS:

- 1) A similar study can be replicated on a larger sample at state level.
- 2) A study can be carried out among noon meal workers.
- 3) A similar study can be conducted among Integrated Child Development Scheme workers.

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