Original Research Paper

Nursing

A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING DIABETES MELLITUS AMONG WOMEN ABOVE 36 YEARS IN SELECTED URBAN AREAS OF INDORE CITY

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INTRODUCTION & BACKGROUND OF THE STUDY:

Diabetes is a growing public health problem, especially in India. Globally the prevalence of diabetes in woman is increasing ar an alarming rate. It is chronic and expensive public health problem. C. Rambabu (2016) in his study concluded that the number of women was more owing to increase in the number of women diabetics. Hence, there is a need for community based intervention that improves knowledge and health behavior on prevention of diabetes mellitus among women.

OBJECTIVES:

- To assess the pre-test knowledge regarding diabetes mellitus among women above 35years.
- To assess the effectiveness of planned health teaching programme on knowledge regarding diabetes mellitus among women above 35 years.
- To find out association between pre – test knowledge score with selected demographic variables.

Hypothesis:

H1: There will be a significant increase in knowledge after administration of planned teaching regarding diabetes mellitus.

MATERIALS & METHODS:

A evaluative approach was adopted and research design used was pre experimental with one group pre test – post test. A sample of 60 women was selected through non probability convenient sampling technique in the urban area of Pardesipura, Indore. Pretest was taken with the tool of structured interview schedule. After pre test, planned teaching programme through audio visual material was given regarding diabetes mellitus. On 7th day post test was then taken. Data was compiled and analyzed using descriptive and statistical analysis.

RESULT- Data Summary and appropriate statistical analysis:

Pre test score showed average knowledge score (50%) which increased to good (91.7). There was a significant association between age and knowledge. This study shows that there is a significant increase in knowledge score among women after planned health teaching programme with t- value 11.39 (p≤0.0001). So the hypothesis H1 made by the investigator is accepted.

DISCUSSION- Interpretation and description of main outcome:

The planned teaching programme was found to be an effective strategy for improving the knowledge of women. It was observed that women with increasing age, environmental risk factors of urban area and positive family history are more likely to develop diabetes mellitus. Increase awareness about it thus help to reduce occurrence at early age.

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