



## A STUDY TO ASSESS THE EFFECTIVENESS OF INFORMATION BOOKLET ON KNOWLEDGE REGARDING BENIGN PROSTATIC HYPERPLASIA AMONG ADULT MALE PATIENTS IN A SELECTED HOSPITAL AT MANGALORE

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**ABSTRACT** Awareness of prostate has come a long way since the days, when comedians confused “prostate” with “prostrate.” Yet many man still aren't sure what prostate is, what its functions are and how to have good prostate health. Objectives of the study were to assess the knowledge level regarding benign prostatic hyperplasia among adult male patients by using a structured knowledge questionnaire, effectiveness of information booklet regarding benign prostatic hyperplasia & to find the association between benign prostatic hyperplasia and selected demographic variables'. Pre-experimental one group, pre-test post-test design was used for the study. Purposive sampling technique was used to select 40 adult male patients. The investigator assessed the knowledge regarding BPH using structured knowledge questionnaire and then the information booklet was administered to the subjects. The study concluded that the knowledge score of adult male patients regarding BPH was low before the administration of the information booklet. The information booklet facilitated them to gain more knowledge regarding BPH which was evident from the post-test knowledge score. Hence it can be concluded that information booklet is an effective strategy for providing information and improving the knowledge of adult male patients regarding BPH.

**KEYWORDS :** Effectiveness; information booklet; knowledge; benign prostatic hyperplasia.

### INTRODUCTION

It is amazing how many men really aren't sure what this vital gland actually is and what it does. The prostate is a gland that wraps around the upper part of the urethra, a tube that carries urine from the bladder out through the penis; source of a thick fluid that both transports nourishes sperm on its journey towards attempted procreation; about the size of the walnut. It is located below the bladder and in front of the rectum.

### Materials And Methods

A pre-experimental one group, pre-test post-test design was used for the study. Purposive sampling technique was used to select 40 adult male patients. The investigator assessed the knowledge regarding BPH using structured knowledge questionnaire and then the information booklet was administered to the subjects. On the fifth day, post-test regarding BPH was conducted using the same structured knowledge questionnaire. The collected data was analysed by using descriptive and inferential statistics.

### Tool 1: Demographic Performa

The demographic Performa consisted of eight items; age, religion, education, occupation, family income, marital status, area of residence, and family history of BPH.

### Tool 2: Structured knowledge questionnaire

Structured knowledge questionnaire consisted of 25 multiple choice questions that covered the following area: BPH definition, causes, diagnosis and management. The correct answers were given a score of “1”

### Development of the information booklet

An information booklet regarding BPH was prepared for the adult male patient. It included the description of anatomy of prostate gland, definition of BPH, causes and risk factors of the BPH, diagnosis of BPH, and management of BPH. The information booklet was prepared after reviewing relevant literature and consultation with the experts.

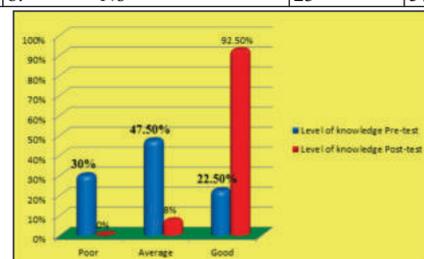
### RESULT

The pre-test and post-test knowledge score of adult male patients regarding BPH ranged from 10-16 and 14-24 respectively. The mean post-test knowledge score ( $x_2=19.88$ ) was higher than the mean pre-test knowledge score ( $x_1=13.30$ ). The computed 't' value (10.28) was greater than the table value ( $t_{39}=2.02, p<0.05$ ). The findings showed the significant difference between pre-test and post-test knowledge scores. There was no association between pre-test knowledge score and selected demographic variables.

### Section I: Description of demographic variables

**Table 2: Frequency and percentage distribution of sample according to their level of knowledge**

Sl. No.	Variable	Frequency	Percentage
1.	<b>Age in years</b>		
	a. 30-39 years	14	35.0
	b. 40-49 years	9	22.5
	c. 50-59 years	12	30.0
	d. 60-70 years	5	12.5
2.	<b>Religion</b>		
	a. Hindu	12	30.0
	b. Christian	13	32.5
	c. Muslim	15	37.5
3.	<b>Education</b>		
	a. Primary	6	15.0
	b. Middle school	9	22.5
	c. Higher secondary	11	27.5
	d. Graduate & above	14	35.0
4.	<b>Occupation</b>		
	a. Unemployed	5	12.5
	b. Daily wages	7	17.5
	c. Factory	12	30.0
	d. Others	16	40.0
5.	<b>Income per month</b>		
	a. ≤ Rs. 6000/	3	7.5
	b. Rs. 6001-10000	4	10.0
	c. Rs. 10001-15000	12	30.0
	d. ≥ Rs. 150001	21	52.5
6.	<b>Marital status</b>		
	a. Married	33	82.5
	b. Unmarried	7	17.5
7.	<b>Area of residence</b>		
	a. Urban	21	52.5
	b. Rural	19	47.5
8.	<b>Family history</b>		
	a. Yes	17	42.5
	b. No	23	57.5



The pre-test very few (22.5%) had good knowledge and 30% had poor knowledge. In the post-test most of them (92.5%) had good knowledge and none of them had poor knowledge

### Section III: Effectiveness of information booklet regarding BPH

Data presented shows that the computed 't' value (10.28) is highly significant at 0.05 level of significance. The obtained value ( $t=10.28$ ) is higher than the table value ( $t=2.02$ ,  $p \leq 0.05$ ). Therefore the null hypothesis is rejected and research hypothesis is accepted. It can be inferred that information booklet was effective in improving the knowledge of adult male patients regarding benign prostatic hyperplasia.

### Section IV: Association between the pre-test knowledge score of adult male patients and selected variables

It is evident that there is no significant association between selected baseline variables like age, education, religion, occupation, place of residence, and family history of benign prostatic hyperplasia. The obtained value in all these areas (0.15, 0.948, 1.69, 0.757, 2.437, 0.522) were lower than the table value ( $3.84 \leq 0.05$ ). Therefore the null hypothesis was retained and research hypothesis was rejected. Significant association was found between monthly income and mean knowledge score. The obtained value (5.552) is higher than the table value ( $3.84 \leq 0.05$ ).

### DISCUSSION

The study revealed that most of the adult male patients (35%) were in the age group 30-39 years, 22.5% were in the age group 40-49 years, 30% were in the age group 50-59 years, and 12.5% were in the age group 60-70. The adult male patients (37.5%) were Muslim, 32.5% were Christian, and 30% were Hindu. Knowledge level of adult male patients regarding BPH The mean post-test knowledge score ( $x_2=19.88$ ) was higher than the mean pre-test knowledge score ( $x_1=13.30$ ). The finding of the study showed significant increase in the post-test knowledge score and the computed 't' value (10.28) was higher than the table value ( $t_{30}=2.02$ ,  $p \leq 0.05$ ). These findings are consistent with the finding of other studies. Finding of the study showed that there is no significant association between knowledge level and selected variables such as age, religion, education, occupation, area of residence, marital status and family history.

### CONCLUSION

The study concluded that the knowledge score of adult male patients regarding BPH was low before the administration of the information booklet. The information booklet facilitated them to gain more knowledge regarding BPH which was evident from the post-test knowledge score. Hence it can be concluded that information booklet is an effective strategy for providing information and improving the knowledge of adult male patients regarding BPH.

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