



A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE OF FEMALE WORKERS REGARDING PREVENTION OF ANAEMIA IN SELECTED GARMENT FACTORY AT BANGALORE.

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ABSTRACT

Anemia is a global public health problem affecting both developing and developed countries. According to the World Health Organization, the highest number of individuals affected by anemia is observed in nonpregnant women aged 15–49.99 years.

Objectives of the study: To determine the existing knowledge of female worker regarding anemia. To find out the effectiveness of structured teaching programme on anemia in term of gain in knowledge among female worker. To associate the posttest knowledge score with selected demographic variables.

Methodology: The research design used for this study was pre experimental one group pre-test post-test design and the 60 samples were selected by using non probability convenient sampling technique and the data were collected by using knowledge questionnaire and were analysed by using descriptive and inferential statistics.

Results: The result showed that there was a significant difference between the mean post-test knowledge score (28.86) and mean pre-test knowledge score (23.36). The computed 't' value 18.83 showed a significant difference between the mean post-test knowledge score and pre-test knowledge score at 5 % level of significance , hence H_1 was accepted. Also there was significant association between gain in knowledge score with the demographic variables at 5% level of significance, hence H_2 was accepted.

Conclusion: The findings of the study has lead the conclusion that the structured teaching programme was effective in increasing the knowledge of female factory workers.

KEYWORDS : Effectiveness, structured teaching programme, anaemia, factory worker.

INTRODUCTION

Anemia is a major health problem throughout the world, in that iron deficiency anemia is one of the commonest form of anemia.¹ The prevalence of iron deficiency anemia is higher in developing countries like India, especially affecting toddler, adolescents and women of child bearing age.²

Anemia continues to be a major public health problem in developing countries including India.¹ Iron deficiency anemia occurs more often in women than in men, the main reason is excessive loss of iron or demand of iron associated with menstruation and pregnancy.² Nearly 400 million women were suffering from iron deficiency anemia world widely.³ In India according to The National Family Health Survey – 3 which was undertaken between 2005-06 reports showed that, more than 55% of the women in India were anemic. In Karnataka the incidence of anemia among married women was about 52.7% among rural married women and 46.7% among urban married women which seems to be very high.⁴

Statement of the problem

A Study To Assess The Effectiveness Of Structured Teaching Programme On Knowledge Of Female Workers Regarding Prevention Of Anaemia In Selected Garment Factory At Bangalore.

objectives

To determine the existing knowledge of female worker regarding anemia. To find out the effectiveness of structured teaching programme on anemia in term of gain in knowledge among female worker. To associate the posttest knowledge score with selected demographic variables.

METHODS AND MATERIALS

Hypothesis

- H_1 - There will be significant difference between pre-test and post-test knowledge scores of female workers regarding prevention of Anaemia.
- H_2 - There will be significant association between demographic variables and post-test knowledge scores of female workers

Research approach: An evaluative approach was adopted to accomplish the objectives of the study.

Research design: - One group pre-test and post-test design

Population:- In this study population consist of female factory workers.

Sample: - Sample selected for this study are 60 female factory workers.

Sample size: -

A total of 60 female factory workers.

Sampling technique:-

In this study non probability convenient sampling methods was used.

Independent variables: - Structured teaching programme.

Dependent variables: - Knowledge on anaemia and its prevention.

Method of data collection

The investigator established good rapport with samples. Oral consent from each participant was obtained after collecting background data and pre-test was conducted on knowledge regarding anaemia and its prevention. The structured teaching programme was given soon after the pre-test. The post test was done on 5th day of structured teaching programme to female factory workers.

Tool used for the study:-

The investigation developed the tool as follows.

Section I

It consists of 8 demographic variables such age, religion, education, marital status, Type of Family, Income, Dietary pattern and Source of Information.

Section II

The final tool consist of 30 closed ended questions each question has one corrected response; each question has given a score of one. The maximum possible score was 30 and the minimum possible score was 0.

Plan for data analysis

- Demographic proforma was analysed in terms of frequency and percentage.
- The knowledge score was analysed by using frequency, percentage, mean, and mean percentage and standard deviation.
- Effectiveness of structured teaching programme was analysed by using unpaired 't' test.
- Association between gain in knowledge scores with selected demographic variables was calculated by using chi- square test.

RESULTS

Analysis of the study finding are categorized and presented under the following headings:

Section A: Frequency and percentage distribution of female workers by selected demographic variables.

Section B: Frequency and percentage distribution of level of knowledge of female workers in the pre – test and post – test.

Section C: Comparison of overall Mean, Standard deviation and improvement Meanscores of pre-test and post-test level of knowledge among female workers regarding anemia.

Section D: Association between post – test level of knowledge regarding anemia among female workers.

Table 1: Frequency and percentage distribution of female workers by selected demographic variables.

N=60

SI No	Demographic factors	Frequency (f)	Percentage (%)
1	Age in years		
	19-28	13	21.67
	29-38	20	33.33
	39-48	18	30
	49-58	09	15
2	Religion		
	Hindu	29	48.33
	Christian	24	40
	Muslim	07	11.67
3	Education		
	Primary	04	06.67
	Secondary	17	28.33
	PUC and above	39	65
4	Marital atatus		
	Married	51	85
	Unmarried	05	08.33
	Widow	03	05
	Divorced	01	01.67
5	Type of family		
	Nuclear Family	38	63.33
	Joint Family	19	31.67
	Extended family	03	05
6	Income		
	< 2000	10	16.67
	2001-3000	18	30
	3001-4000	17	28.33
	4000>	15	25
7	Dietary Pattern		
	Vegetarian	16	26.67
	Mixed diet	44	73.33
8	Source of Information		
	Health worker	40	66.67
	Friends	09	15
	Mass Media	06	10
	Others	05	08.33

Table 2: Frequency and percentage distribution of level of knowledge of female workers in the pre – test and post – test.

N=60

SI. No.	Level of knowledge	Pre-test (n = 60)		Post-test (n = 60)	
		Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
1.	Inadequate (< 50%)	07	11.67	-	-
2.	Moderately adequate (50-75%)	39	65	08	13.33
3.	Adequate (> 75%)	14	23.33	52	86.67
	Total	60	100	60	100

Table 3: Overall mean, standard deviation (SD), mean percentage, paired t value between pre-test and post-test

N=60

SI. No.	Groups	Respondents Knowledge				Paired 't' value	P – value
		Range	Mean	SD	Mean difference		
1	Pre test	15-31	23.36	4.14	5.5	18.834***	<0.001
2	Post test	20-34	28.86	2.97			

*** Highly significant at P<0.001

Table 4: Association between gain in knowledge score and demographic variables

N=60

	Demographic factors	Inadequate (<50%)		Moderately adequate (50-75%)		Adequate (>75%)		Chi-square Value (χ2)
		f	%	F	%	f	%	
1. Age in years	19-28	-	-	1	7.69	12	92.30	3.40 df=3 (P=7.82) NS
	29-38	-	-	1	5	19	95	
	39-48	-	-	4	22.22	14	77.77	
	49-58	-	-	2	22.22	7	77.77	
2. Religion	Hindu	-	-	3	10.34	26	89.65	1.79 df=2 (P=5.99) NS
	Christian	-	-	3	12.5	19	79.16	
	Muslim	-	-	2	28.57	5	71.42	
3. Education	Primary	-	-	2	50	2	50	7.41 df=2 (P=5.99) S*
	Secondary	-	-	0	0.00	17	100	
	PUC and above	-	-	6	15.38	33	84.61	
4. Marital atatus	Married	-	-	5	9.80	46	90.19	8.28 df=3 (p=7.82) S*
	Unmarried	-	-	1	20	4	80	
	Widow	-	-	1	33.33	2	66.66	
	Divorced	-	-	1	100	0	0.00	
5. Type of family	Nuclear Family	-	-	4	10.52	34	89.47	1.39 df=2 (p=5.99) NS
	Joint Family	-	-	3	15.78	16	84.21	
	Extended family	-	-	1	33.33	2	66.66	
6. Income	< 2000	-	-	2	20	8	80	3.13 df=3 (P=7.82) NS
	2001-3000	-	-	3	16.66	15	83.33	
	3001-4000	-	-	3	17.64	14	82.35	
	4000>	-	-	0	0.00	15	100	
7. Dietary Pattern	Vegetarian	-	-	3	18.75	13	81.25	0.55 df=1 (p=3.84) NS
	Mixed diet	-	-	5	11.36	39	88.63	
8. Source of Information	Health worker	-	-	2	5	38	95	8.65 df=3 (P=7.82) S*
	Friends	-	-	3	33.33	6	66.66	
	Mass Media	-	-	1	16.66	5	83.33	
	Others	-	-	2	40	3	60	

DISCUSSION

The findings of this study reveal that structured teaching programme had increase the knowledge of female workers regarding anaemia and its prevention. The nurses should update their knowledge constantly in order to give education.

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