



**A PRE-EXPERIMENTAL RESEARCH STUDY TO ASSESS THE EFFECTIVENESS OF  
PLANNED TEACHING PROGRAMME ON KNOWLEDGE AND ATTITUDE REGARDING  
BLOOD DONATION AMONG NURSING STUDENTS IN ABHILASHI COLLEGE OF  
NURSING, TANDA DISTT. MANDI (H.P)**

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**ABSTRACT**

According to world health organization, an estimated 38% of reported voluntary blood donations are contributed by people under the age of twenty-five. India needs about million units of blood annually and every year there is gradual increase in this demand due to various anaemic disorders, accidents and emergencies. Aims and objectives: The study aim to assess the effectiveness of planned teaching programme on knowledge and attitude regarding Blood Donation among nursing students in Abhilashi college of nursing and to determine the relationship between knowledge and attitude regarding blood donation with their selected socio-demographic variables. Methodology: Pre-experimental pre-test and post-test research design was used to collect data from nursing students. Total 60 nursing students were enrolled into the study by using convenient sampling technique. The self-structured knowledge questionnaire was used to assess the knowledge and likert scale was used to assess the attitude. Result: The result of the study depicts that majority 36(60%) of the students had moderate knowledge and 48(80%) had moderate attitude in pretest. In post test 33(55%) had moderate knowledge and 26(43.3%) had moderate attitude regarding blood donation. It was found that there is a significant association between knowledge and attitude regarding blood donation with their selected socio-demographic variables. Conclusion: It was concluded that planned teaching programme regarding blood donation increases the knowledge and attitude of nursing students.

**KEYWORDS**

Blood donation, knowledge, nursing student, planned teaching program

**INTRODUCTION:**

Blood donation saves lives during critical situations, but some of the patients needing transfusion do not receive timely access to safe blood. There is only one amazing factory, which makes the blood - human body. Safe blood is the blood that does not contain any viruses, parasites, drugs, alcohol, chemical substances, or other extraneous factors that might cause harm, danger or disease to the recipient. People who donate blood should be in sound health and should not be suffering from any serious illness. The recipient should not be harmed by receiving blood; the donor should not be put at risk by giving blood (WHO, 2000). Blood donation is life saving and useful in surgery, accidents, delivery cases, bleeding peptic ulcer, liver diseases, lung diseases, cancer, burn cases and blood diseases such as haemophilia, anaemia, thalassemia etc. Normal amount of blood in a human body is 76 ml/kg body weight in case of males and 66 ml/kg body weight in case of females. Humans require only 50 ml/kg body weight of blood for daily work. Hence 26 ml blood per kg body weight is excess in males and 16 ml blood per kg body weight in females. A healthy person can easily give around 8 ml per kg body weight in blood donation. For donation minimum wt. is 45kg. A 45 kg person can thus give  $45 \times 8 \text{ ml} = 360 \text{ ml}$  blood which is in excess for such a person. Minimum blood taken in donation is 350 ml in India. An average human has 5 litres of blood; average blood volume is 4 to 6 litres. Blood is a type of liquid connective tissue

Safe blood donor is a blood donor who donates blood voluntarily, without knowing the beneficiary, without any expectation and without being under pressure of a direct or indirect nature. Donating blood is an act that saves millions of lives worldwide because blood is an essential element of human life and there are no substitutes for it. The World Health Organization estimates that blood donation by 1% of the population is generally the minimum needed to meet a nation's most basic requirement for blood. An increase in the level of awareness and development of a positive attitude towards blood donation is the topmost priority of all national blood transfusion centers. The first step for attaining this goal is to perform comprehensive studies about awareness and attitude of the population towards blood donation to gauge the present situation, beliefs and both positive and negative attitudes of the population towards blood donation.

According to a World Health Organization report (2012), only nine million units are collected annually, while the need is for 12 million units. Delhi NCR alone faces a shortage of 100,000 units per year. Blood is perceived as the most precious gift under certain situations

and therefore blood donation is certainly an act of utmost humanity. However, too many people are unaware of the blood donation procedure and therefore, cannot help others even if they can. This indicates that large international organizations should mainly emphasize upon people to facilitate their communities as donors.

Safe blood is a critical component in improving health care and in preventing the spread of infectious diseases globally. Millions of lives are saved each year through blood transfusions, yet the quality and safety of blood transfusion are still a concern particularly in the developing countries. The general public in many developing countries is laced with ignorance, misperceptions and fears about the blood donation process, which results in a limited number of voluntary donors. Lack of knowledge, fear, facilities, convenience and quality of service are some of the common factors that play up in people's minds while deciding whether to donate blood repeatedly on a voluntary basis. Indeed, understanding blood donor's motivation is crucial to improve the effectiveness of donor recruitment and retention programs.<sup>10</sup> This information would be helpful in planning programmed campaigns aimed at recruiting more people as regular, nonremunerated, voluntary donors.

**Need Of The Study:**

Most people do not know how important it is to donate blood. Some believe that donating has no advantages either for them or for those who receive the donated blood. The necessity of blood donation today is almost impossible to imagine because the lives saved are countless. According to the American Red Cross, someone in US needs blood every second more than forty one thousand blood donations are needed daily. Donating blood is rejected by some because of their lack of knowledge and religion but it has positive effects on both the donor and patient.

Blood donation is a procedure of collecting blood from a screened person who must follow the strict guidelines in the country where he/she lives. There are several types of blood donation: whole blood, platelets, plasma and double red cells. The main cell in an individual blood is red blood cell (erythrocytes).

Unfortunately, blood cannot be manufactured, it can only come from generous donation. According to Dr Berlin, points out that lifespan of red blood cells is about 120 days in a human who does not have any health problems, because red blood cells live no longer than 120 days, many scientists encourage people to donate. Additionally, Dr. Gregory

Sloop, claims that blood donation may reduce viscosity of blood which has been associated with increased risk of cardiovascular disease. It is recommended that people donate blood atleast once a year as it has many advantages for health.

## MATERIALS AND METHODS:

### Research Design:

The research design is the architectural backbone of the study. The research design adopted for this study was A Pre-experimental research design (one group pre-test and post-test design) is used to check effectiveness of planned teaching programme on knowledge and attitude regarding Blood Donation among nursing students in Abhilashi college of nursing of district Mandi Himachal Pradesh.

## RESEARCH VARIABLES:

### 1. Dependent variables:

The dependent variable is the effect of the independent variable and cannot exist by itself. In this study the dependent variable is knowledge and attitude of nursing students regarding blood donation.

### 2. Independent variables:

The independent variable is the variable that stands alone and not dependent on any other. In this study the independent variable is planned teaching programme.

### 3. Demographic variables:

In this study the demographic variables includes age in years, course, study year, religion, place of residence, food habits, marital status, income of family and occupation of father.

### Population:

Population is the entire set of individual housing some common characteristics and living in same geographical area. In this study target population are 1<sup>st</sup> year nursing students of Abhilashi college of Nursing Tanda distt Mandi (H.P) and the accessible population are the nursing students who are present at the time of data collection.

### Sample:

Sample is a small subset of a population, selected to participate in the study. The samples selected for this study are 1<sup>st</sup> year nursing students of Abhilashi college of Nursing Tanda distt. Mandi (H.P).

### Sampling Technique:

Sample in this study were selected by using convenient sampling technique.

### Developmental And Descriptive Tools:

Socio-demographic variables, self-structured knowledge questionnaire and likert scale.

### Findings:

Findings related to socio-demographic variables:

- Out of 60 students most (100%) were in age group of 17-19 years.
- 26.7% students are from GNM ,45.0% students are from B.SC and 28.3% students are from PB B.SC Nursing.
- 100% of students are from 1<sup>st</sup> year.
- 100% of students are from Hindu religion.
- 76.7% students are from rural residence and 23.3% students are from urban residence.
- 56.7% students represent vegetarian food habits ,40.0% students shows non-vegetarian food habits and 3.3% students represents egetarian food habits.
- 10.0% students are married, 90.0% students are unmarried.
- 13.3% student's father income is less than 10000, 30.0% student's father income is 10000-20000, 26.7% student's father income is 20000 -30000 and 30.0% student's father income is 30000 and above.
- 41.7% student's father are employed, 25.0% student's father are unemployed and 33.3% student's father have other occupation.

## DISCUSSION:

**The first objective of the study was to assess knowledge and attitude regarding blood donation among nursing students in Abhilashi college of Nursing Tanda distt. Mandi (H.P):**

The findings of the study showed that in pre-test 24(40%) nursing students knowledge level were inadequate, 36(60%) were moderate and none of them have adequate knowledge whereas in post-test none of them have inadequate knowledge, 33(55%) were moderate and

27(45%) were adequate knowledge regarding blood donation. In pre-test 1(1.7%) have negative attitude, 48(80%) neutral attitude and 11(18.3%) positive attitude and in post test 0(0%) negative attitude, 26(43.3%) neutral attitude and 34(56.7%) positive attitude regarding blood donation.

**The second objective of the study was to assess the effectiveness of planned teaching program on knowledge and attitude regarding blood donation among nursing students in Abhilashi college of Nursing Tanda distt. Mandi (H.P):**

The findings of the study showed that in pre-test knowledge score was 9.68, post-test knowledge score was 15.80 with a difference of 6.12 and in pre-test attitude 46.42 and post-test attitude score was 52.28 with a difference of 5.87 which shows the effectiveness of planned teaching program.

**Third objective of the study was to find association between post-test knowledge and attitude regarding blood donation and their selected socio-demographic variables:**

The findings of the study showed that there is a significant association between the knowledge score level and demographic variables (place of residence)The calculated chi square values were more then the table value at the 0.05 level of significance. There is no significant association between the score level and demographic variables(food habits, marital status, income of family, occupation of father)).The calculated chi square values were less then the table value at the 0.05 level of significance.

In attitude score level and demographic variables (place of residence, marital status) have significant association and (course, food habits, income of family and occupation of father) have no significant association.

## CONCLUSION:

The present study was undertaken to assess the effectiveness of planned teaching program on knowledge and attitude regarding blood donation among nursing students in Abhilashi College of Nursing, Tanda distt Mandi (H.P).Among 60 nursing students were selected by probability simple random sampling technique. The findings of the study have been discussed with reference to the objective, hypothesis and with findings of the other studies.

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