A Study to assess Effectiveness of Planned Teaching Programme Regarding Prevention of Hypertension in Terms of Knowledge among Early Adults in Olpad

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Abstract

Quantitative research approach was used with pre-experimental one group pre-test post-test design. The Planned teaching programme regarding prevention of hypertension in terms of knowledge among early adults. The study was conducted at Takarma, Olpad Taluka, Surat. The samples of 60 early adults were selected through Non probability convenient sampling technique. A structured knowledge questionnaire was prepared to assess the knowledge of samples. Content validity of the developed tools and Planned teaching programme was established by 6 experts and necessary modification were suggested by them. Reliability of the tool was ascertained by Karl Pearson's coefficient correlation (r) method. The mean pre-test knowledge score was 11.72 and mean post-test knowledge score was 23.63. Significance of the difference between pre-test and post-test knowledge was statistically tested using paired 't' test and it was found significant at 0.05 level (t-35.38, t-2.00 respectively). There was significant increase in the knowledge of the samples after administration of the planned teaching programme was effective in improving the knowledge of the early adults.

Keywords: Prevention of hypertension; Early adults; Planned teaching programme.

INTRODUCTION

Hypertension also known as high blood pressure (HBP), is a long term medical condition in which the blood pressure in the arteries is persistently elevated. High blood pressure usually does not cause symptoms.[1] Long-term high blood pressure, however, is a major risk factor for stroke, coronary artery disease, heart failure, atrial fibrillation, peripheral arterial disease, vision loss, chronic kidney disease and dementia. Hypertension is a major cause of premature death worldwide.[2]

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Objective

To assess the knowledge regarding prevention of hypertension before and after administration of planned teaching programme among adults.

To evaluate the effectiveness of planned teaching programme on prevention of hypertension among adults.

Hypothesis

H_1: The mean post-test knowledge score regarding prevention of hypertension among early adults is significantly higher than the mean pre-test knowledge score at 0.05 level (fig. 1).
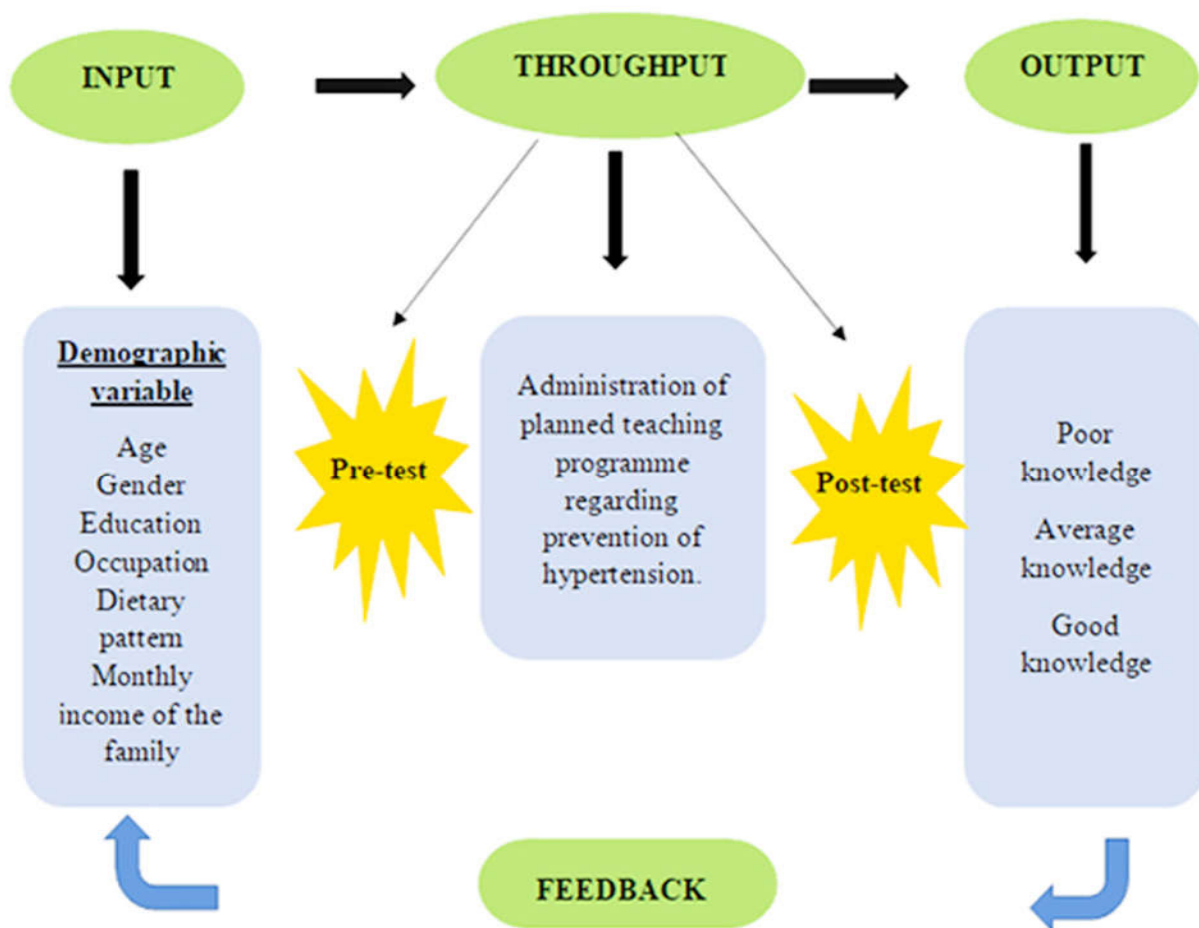
Conceptual Framework

Fig. 1: Conceptual framework on general system model

METHODOLOGY

Methodology of research indicates the general pattern of organizing the procedure for the empirical study together with the method of obtaining valid and reliable data for problem underinvestigation.

Research methodology is the way of systemically solving the research problem. It is a scienceof study how research is done scientifically.

Research Approach

Quantitative research approach.

Research Design

Pre experimental One group pre-test post-test research design.

Sample Size

60 Early adults.

Sampling Technique

Non probability convenient sampling technique.

Independent Variable

Planned teaching programme regarding prevention of hypertension.

Dependent Variable

Knowledge regarding prevention of hypertension among early adults.

Research Setting

The present study was conducted at Takarma,

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Olpad Taluka, Surat.

Target Population

In this study, the target population of the study was Takarma, Olpad Taluka, Surat.

Sample Selection Criteria

- Early adults who are willingly participate in this study.

- Early adults who are available during the period of data collection.

- Early adults who can understand English, Gujarati.

Major findings of the study

The data were analysed and interpreted in terms of objectives of the study. Descriptive and inferential statistics were utilized for the analysis. After analysis the major findings of the study were as follows:

In terms of Age, mostly 60% Samples were 22-25 years of age and 40% were 18-21 years of age. Regarding, Gender, 70% were man, 30% were female and 00% were others. Regarding Education, 60% Samples were graduate, 40% were post graduate, 00% samples were illiterate, primary, secondary and higher secondary education. Regarding Occupation 10% samples were doing government job, 20% Samples were doing private job, 30% Samples were homemaker and 40% samples were doing other occupation. Regarding Dietary pattern, 60% samples were vegetarian, 40% samples were having mixed dietary pattern and 00% samples were non-vegetarian (table 1).

Regarding Monthly income of the family, 00% of them had below 5,000/- and 5,001/- to 10,000/-, 20% of them had 10,001/- to 15,000/- and 80% of them had above 15,000/-.

The mean score for pre-test was 11.72 and post-test was 23.63. Therefore, the mean difference of pre-test and post-test is 11.91. So, there is significant increase in knowledge of early adults regarding prevention of hypertension after administration of planned teaching programme.

Table 1: The mean score for pre-test was knowledge of early adults regarding prevention of hypertension after administration of planned teaching programme.

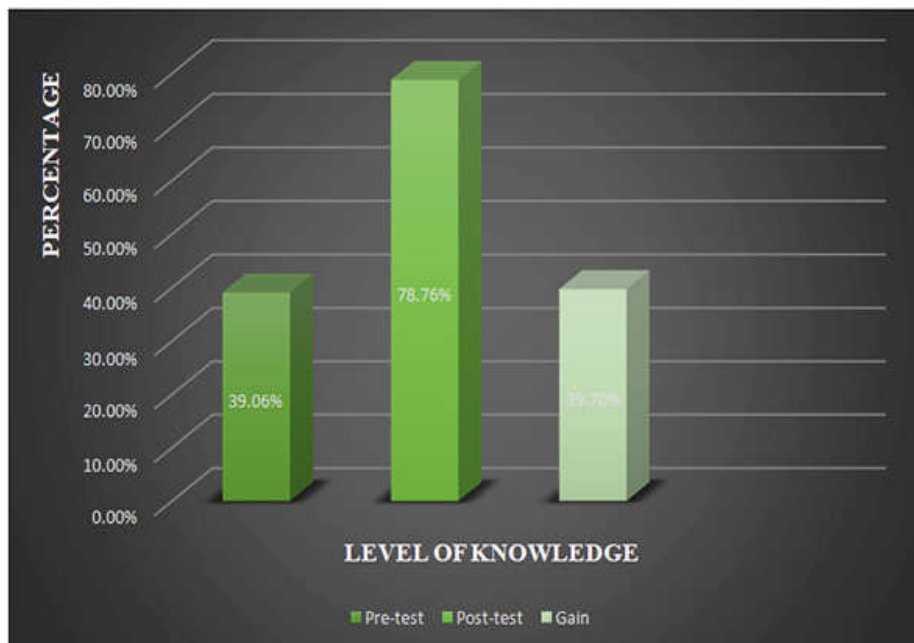| Area	Max score	Pre-test			Post-test			%	Mean difference
		Mean score	Mean %	SD	Mean score	Mean %	SD		
Knowledge	27	11.72	39.06%	2.54	23.63	78.76%	1.77	39.7%	11.91

Fig. 1: Level of Knowledge

DISCUSSION

The findings of the study have been discussed with reference to the objectives and hypothesis. The pre-test knowledge score among early adults were found less in selected areas of Olpad Taluka, Surat.[3] This indicates the need of the early adults for improving necessary knowledge through treatment that was planned teaching programme.[4] In the post-test; knowledge score ofearly adults regarding prevention of hypertension was increased after administration of the planned teaching programme. This showed the effectiveness of planned teaching programme.[5]

Finding from the research analysis revealed the pre-test score of early adults was improved after exposure to planned teaching programme.[6]

CONCLUSION

The study was conducted to assess the effectiveness of planned teaching programme regarding prevention of hypertension in terms of knowledge among early adults in selected areas of Olpad Taluka, Surat.[7] The findings of the study showed that the planned teaching programme was very effective in improving the level of knowledge regarding prevention of hypertension.[8]

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