

ORIGINAL ARTICLES

A Study to assess the Effectiveness of Planned Teaching Programme on Knowledge Regarding Osteoporosis among Menopausal Women in Selected Area of Olpad Taluka, Surat, Gujarat

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ABSTRACT

The study was pre-experimental in nature with one group pre-test and post-test design. The planned teaching programme on osteoporosis among menopausal women. The samples of 60 women's were selected through non-probability purposive sampling technique.

The instrument used for generating necessary data was a structured knowledge questionnaire. The obtained data was analyzed by using both descriptive and inferential statistical in terms of Mean, Standard Deviation, "t" value.

In overall content area, mean Gain scores were comparatively higher after exposure to planned teaching programme on osteoporosis among menopausal women's findings indicate that the planned teaching programme is a suitable and effective method of instruction.

On the basis of findings, the following recommendation were made: The study can be replicate on a large sample, thereby findings can be generalized for a large population.

KEYWORD

• Osteoporosis • Menopausal • Bone health • Bone density • Fractures • Calcium • Vitamin D • Hormone replacement therapy (HRT) • Bone loss • Osteopenia • Rheumatology • Geriatrics

INTRODUCTION

Osteoporosis is a bone disease that develops when bone mineral density and bone mass

decreases, or when the structure and strength of bone changes. This can lead to a decrease in bone strength that can increase the risk of fracture. Osteoporosis is a "silent disease"

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because it doesn't develop any typical symptoms, and you may not even know that you have developed the disease until you break a bone.

During the time of menopause there is imbalance in hormones level due to which it increases the risk of developing osteoporosis. Menopause is the most common cause of osteoporosis. As hormones changes to accommodate normal menopausal changes, estrogen levels start to fluctuate and then drop. Osteoporosis is the major cause of fracture in menopausal women.

Fracture can occur in any bone but happen most often in bones of the hip, vertebrae in the spine, and wrist. It is a systemic skeletal disorder, characterized by reduction of bone mass, deterioration of the bone structure, increased bone fragility and fracture risk.

Moreover, it is important to maintain the health of the women by educating them and

providing them appropriate knowledge about the occurrence and complication of osteoporosis in menopausal women. So, a plan teaching programme was provided to them so they get knowledge about menopausal osteoporosis and to improve their health, so that they can live healthy life ahead.

Objective:

- To assess the pre-test knowledge score regarding osteoporosis among menopausal women of selected areas of olpad taluka, surat, Gujarat.
- To assess the post-test knowledge score regarding osteoporosis among menopausal women of selected areas of olpad taluka, surat, Gujarat.
- To evaluate the effectiveness of planned teaching program on knowledge regarding osteoporosis among menopausal women in selected areas of olpad taluka, surat, Gujarat.

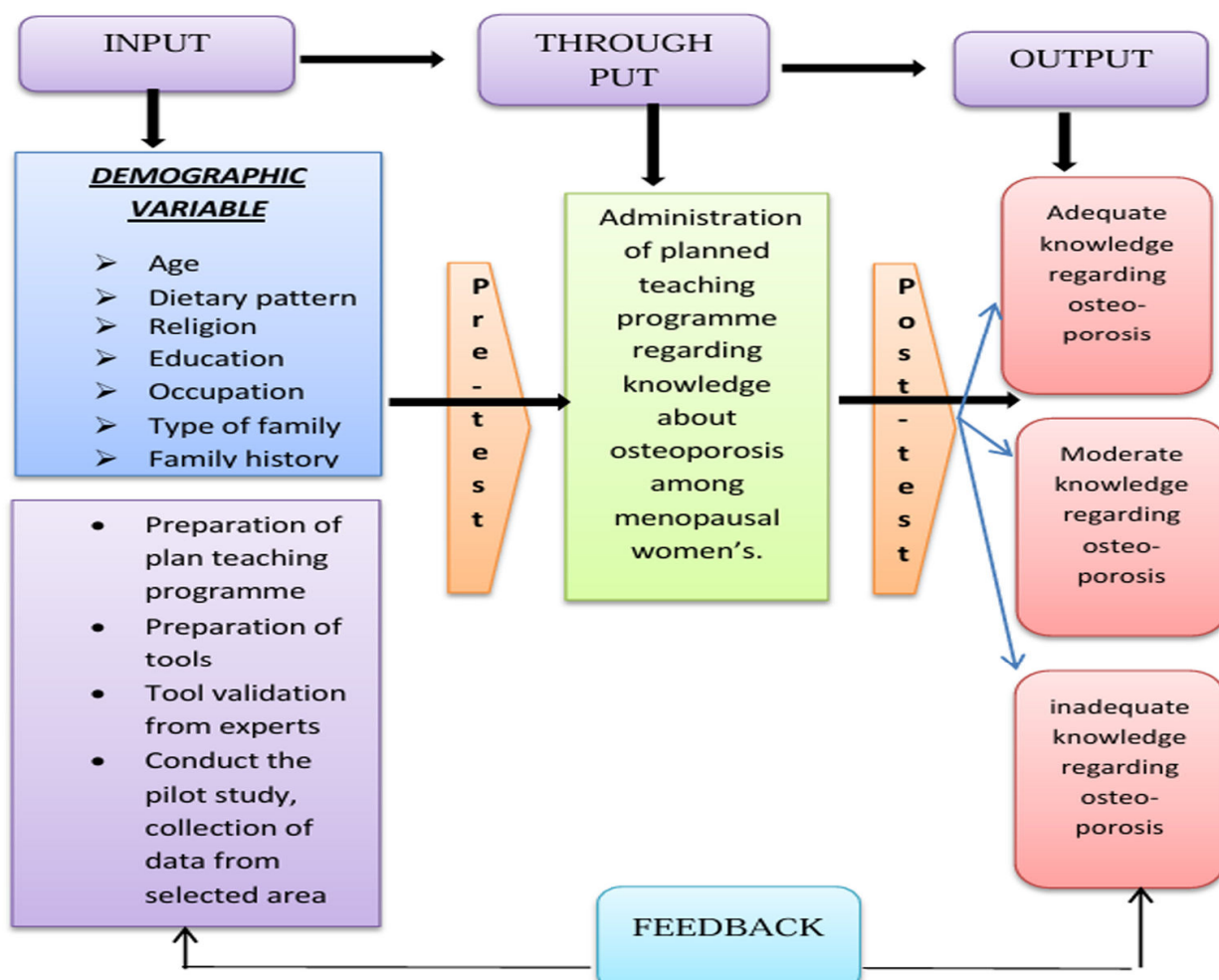


Figure 1: Conceptual Framework Based on General System Theory

Hypothesis

- H1: There is significant difference between mean pre-test and post-test knowledge score regarding osteoporosis among menopausal women in selected areas of olpad taluka, Surat, Gujarat at 0.05 level.

METHODOLOGY

This deals with methodology adopted for assessing the effectiveness of planned teaching programme in terms of knowledge on regarding osteoporosis among menopausal women in selected rural area of olpad taluka. It includes description of research approach, research design, study setting, sample and sampling technique, development of data collection tools and structured knowledge questionnaires, and plan for data analysis.

Research approach:

Quantitative research approach.

Research design:

In this study pre-experimental one group pre-test and post-test design is used to assess the effectiveness of plan teaching programme knowledge in menopausal women regarding osteoporosis.

Variables:

In this study the variables used are as follows:

- **Independent variable:** A plan teaching programme regarding osteoporosis diseases.
- **Dependent variable:** Knowledge regarding osteoporosis diseases.
- **Demographic variable:** Age, Dietary habits, Religion, Education, Occupation, Type of family, Family history of osteoporosis.
- **Research setting:** The study was conducted in selected area of olpad taluka, surat, Gujarat.
- **Sample size:** 60 menopausal women
- **Sampling technique:** Non probability purposive sampling technique.
- **Target population:** In this study, the target population consist of the people in selected area of olpad taluka, surat, Gujarat.

Criteria for sampling selection:

1. People who are willing to participate in study.
2. People who are present during data collection period.
3. People who can read and understand Gujarati language.

Delimitation of the study:

1. This study includes only menopausal women.
2. This study is delimited only in selected areas of olpad taluka, surat, Gujarat.
3. Study only include 60 samples.

Major findings of the study:

This data with the data analysis and interpretation of the study. The data was categorized and analysed Based on the objective of the study using descriptive statistics and inferential statistics. In the present study the level of knowledge regarding osteoporosis among menopausal women of selected area of olpad taluka surat Gujarat, women are having Majority (66.66%) had moderate knowledge and (26.66%) had adequate knowledge and 6.66% had inadequate level of knowledge. The t-test value show that there is adequate knowledge in people with their sociodemographic variables Age, education, occupation, dietary such as pattern, religion, type of family and family history of osteoporosis. The mean pre-test score was 6.85 and the mean post-test score was 15.31. the table also show that the standard deviation of pre-test knowledge score was 2.78 and the standard deviation of post-test knowledge score was 3.84. the calculated, t' is 13.84 and the tabulated, t' is 2.00 at 0.05 level of significance. the mean post test knowledge score was higher than mean pre-test knowledge score with the mean difference of 8.46 which was statistically proved that the planned teaching program on osteoporosis among menopausal women is effective in term of knowledge among menopausal women of selected area of olpad taluka surat gujarat. The calculated, t' was significantly greater than the tabulated, t' so there was significant increase in knowledge of sample after administration of planned teaching programme on osteoporosis in term of improving their knowledge on it.

percentage wise distribution of sample according to level of knowledge.

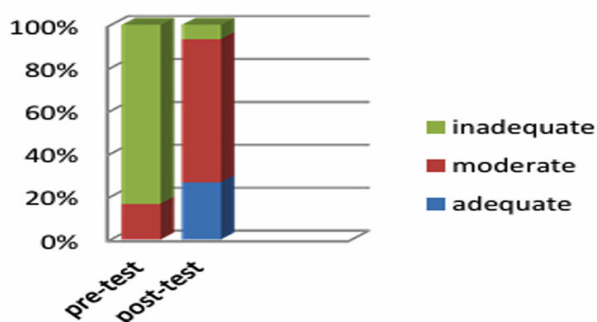


Figure 2: Bar graph showing the distribution of samples according to their pre-test and post-test level of knowledge

DISCUSSION

The finding of the study have been discussed with reference to the objective and hypothesis the pre-test knowledge score among menopausal women osteoporosis in selected area of olpad taluka this indicate the need of menopausal osteoporosis women treatment that was planned teaching program in the post test knowledge score of selected area of olpad taluka regarding menopausal osteoporosis women was increase after administer of the planned teaching program this show the effectiveness of planned teaching program. Finding from the research analysis revealed the pre test score of selected area of olpad taluka was improved after exposure of planned teaching program.

CONCLUSION

A conclusion was drawn based on the findings of the study. The present study concluded that the knowledge deficit exists among the menopausal women. The current study shows that we have find mean, mean difference, standard deviation, t-test value to assess the knowledge score of menopausal women. Providing planned teaching programme is necessary to increase the Knowledge regarding osteoporosis. Thus, the plan teaching programme can be used for the large population in different settings. This study will help to menopausal women regarding osteoporosis.

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