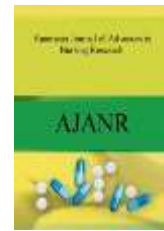




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EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING HOUSEHOLD WASTE MANAGEMENT AMONG RURAL PEOPLE IN SELECTED RURAL AREA, BANGALORE

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ABSTRACT

Introduction: - Waste management consider as all the type of activities and action required to manage waste from its inception to its last level of disposal. Now the day's waste management becomes a headache to all authorities. Waste management conveys the management of various activities like collections of waste, separation of waste items, storage of it and its transportation, transfer, processing of its treatment and disposal of waste item collected. It includes the action to reduce waste through material efficiency, waste reduction and the recovery reusing of discarded material. **OBJECTIVES:** To assess the pre-test knowledge of rural people regarding household waste management, in selected rural area, Bangalore. To assess the post-test knowledge of rural people regarding household waste management, in selected rural area, Bangalore. To assess the effectiveness structure teaching programme as regarding household waste management in selected area, Bangalore. **Design:** Evaluative research approach was used for the study. The sample consisted of 30, 20 housewives and 10 men were recruited by non-probability purposive sampling method. Necessary administrative permission was obtained from concerned authority. Written informed consent was obtained from all subjects. Then the investigator collected the data pertaining to the demographic variables by using structured interview schedule. The instrument used for the data collection was structured knowledge questionnaire for assessing the knowledge score. **Setting:** The study was conducted in selected rural area, Bangalore, Karnataka. **Result:** The findings of the study was revealed that the mean score of knowledge regarding house hold management was 14.6 in pre-test and 22.5 in post-test out of maximum score of 20, which proved that structured teaching programme was effective in increasing the knowledge level of rural people regarding house hold management. The paired 't' test found be statistically significance at 0.05 levels. **Conclusion:** - The present study attempted to assess the effectiveness of structured teaching programme on knowledge of rural people regarding house hold management and it was found that the structured teaching programme was effective in improving the knowledge of rural people.

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INTRODUCTION

Disposal of wastes is now a largely the domain of sanitarians and public health engineers. However, health professionals need to have a basic knowledge of the subject since improper disposal of waste constitutes a health



hazard. Further the health professional may be called to give in some special situations, such as camp sanitations or coping with waste disposal problems when there is a disruption or breakdown of community health services in natural disasters.[1]

Swachh Bharat mission led by the government of India seeks to make India a clean nation. This campaign was launched officially by the government of India 145th birthday anniversary of Mahatma Gandhi at Rajghat, New Delhi with aim to make India a clean nation by 2nd of October 2019. On the day of launched, Prime Minister has nominated nine personalities to involve other nine people at their own end individually to continue this chain further and further until the message reaches each every Indian.[2] The improper management and lack of disposal technique of the domestic waste pollutes to the environment. It affects the water bodies. It also changes the physical, chemical, and biological properties of the water bodies. Uncollected waste is scattered everywhere and reaches to the water bodies through run-off as well as it percolates to underground water. The toxics contain in the waste, contaminates water. It also makes soil infertile and decrease the agricultural productivity. [3]

There is a reluctance to acknowledge the home as a setting of equal importance along with the public institutions in the chain of disease transmission in the community. Current practices and perceptions of domestic and personal hygiene in India communities, the existing levels of environmental and peri-domestic sanitation and the “health risk” these poses will be outlined, as well as the need for an integrated action for improving hygiene behaviour and access of safe water and sanitation. [4]

OBJECTIVES

1. To assess the pre-test knowledge of rural people regarding household waste management, in selected rural area, Bangalore.
2. To assess the post-test knowledge of rural people regarding household waste management, in selected rural area, Bangalore.
3. To assess the effectiveness structure teaching programme as regarding household waste management in selected area, Bangalore.

HYPOTHESIS

H₁ – There's a significant difference in a pre-test and post-test level of knowledge regarding house hold management among rural people in selected rural area, Bangalore.

MATERIAL AND METHODS

Evaluative research approach was used for the study. The sample consisted of 30, 20 housewives and 10 men were recruited by non-probability purposive sampling method. Necessary administrative permission was obtained from concerned authority. Written informed consent was obtained from all subjects. Then the investigator collected the data pertaining to the demographic variables by using structured interview schedule. The instrument used for the data collection was structured knowledge questionnaire for assessing the knowledge score.

Phase I: Assess the pre-test knowledge of rural people regarding house hold management by using structured questionnaire.

Phase II: A STP was administered on knowledge regarding house hold management.

Phase II: Assess the post-test knowledge after a period of week within the group followed by same procedure.

Ethical clearance was obtained from Institutional ethical committee. Content validity of the tool was established by split of method. The obtained score was 0.90& it was found to reliable. Pre-testing of the tools was done. The obtained data were analyzed based on the objectives and hypothesis by using descriptive and inferential statistics.

The above table 2 shows the distribution of rural people according to the level of knowledge regarding house hold management before and after structured teaching programme. It revealed that in pre-test, majority of the respondents 23 (76.6%) had inadequate knowledge, 7 (23.3%) had moderate knowledge and none of them had adequate knowledge regarding house hold management. And in post-test most of the respondents 28 (93.3%) had adequate knowledge and 2 (6.6%) had moderate knowledge regarding house hold management.

The data presented in a table-3 shows that the obtained [t] value was 2.66, which was found statistically significant at 0.05 levels.

IMPLICATION OF THE STUDY

The result of the study proceed that rural people had inadequate knowledge regarding house hold management. The findings of the study have scope in the following areas



Table 1: Frequency, percentage and SD distribution of demographic variables of rural people regarding house hold management n=30.

SL.No.	Demographic Variables	Frequency (F)	Percentage (%)	SD
1	Age 21-30years 31-45years 46-55 years 56-65 years	8 12 7 3	26.6% 40% 23.3% 10%	1.6
2	Gender Male Female	8 22	26.6% 73.3%	2.02
3	Education Primary PUC High school Graduate Illiterate	4 5 7 8 6	13.3% 16.6% 23.3% 26.6% 20%	6
4	Occupation House wife Farmer Business Profession Unemployed Others	9 5 6 4 3 3	30% 16.6% 20% 13.3% 10% 10%	1.43
5	Type of Family Nuclear Joint	17 13	56.6% 43.3%	1.92
6	Waste services available or not? Yes No	11 19	36.6% 63.3%	1.95
7	Knowledge of solid waste management? Adequate Moderate Poor	0 7 23	0% 23.3% 76.6%	2.05
8	Availability of alternative disposal site Open ground Drain Burning Pond	6 5 9 10	20% 16.6% 30% 33.3%	1.59

Table 2: Frequency and percentage distribution of rural people according to the level of knowledge regarding house hold management before and after structured teaching programme. n=30.

Sl.No	Level of Knowledge	Respondents Knowledge			
		Pre-test		Post-test	
		Frequency	Percentage	Frequency	Percentage
1.	Inadequate (<50%)	23	76.6	0	0
2.	Moderate (50-75%)	7	23.3	2	6.6
3.	Adequate (>75%)	0	0	28	93.3
OVERALL		30	100	30	100



Table 3: Mean, Standard Deviation and paired 't' test to determine the effectiveness of structured teaching programme regarding knowledge on house hold management among rural people. n=30

Max score	Mean	SD	Meandifference	paired "t" test	Significance
Pre-Test	14.6	2.05	7.9	2.66	0.05*
Post-Test	22.5	2.23			

Nursing Practice

1. Nurses working in the community field should have enough knowledge about house hold management & able to find an opportunity to teach & improve knowledge regarding house hold management.
2. Nursing professionals can play a key role in the enhancement of knowledge of rural people regarding house hold management, which could improve the knowledge of rural people.

Nursing Education

1. Nursing curriculum can be modified with increased emphasis on house hold management.

Nursing Administration

1. Administrators can organize the educational programs in rural people and community areas to provide knowledge regarding house hold management.
2. The nurse administrator in the higher-level authority must hold discussions and meetings on house hold management. Based on that, the knowledge of the rural people can be assessed and the program can be planned and implemented in school & community at various levels.

Nursing Research

Management & administration authorities give encouragement, motivation & also provide financial support to do research.

ASSUMPTIONS

- ✓ Rural people will have some knowledge regarding selected aspects house hold management.
- ✓ Structured teaching programme may enhance the knowledge of rural people regarding selected aspects of house hold management.

LIMITATIONS

1. The study was conducted in selected rural area, Bangalore.
2. Sample was selected only from one rural area hence generalization can only be made for the selected sample.
3. The study did not use control group. The investigator had no control over the events that took place between pre-test and post-test.

RECOMMENDATIONS

Based on the study findings the following recommendations have been made for further study:

1. Similar study can be carried out on larger samples for broader generalization.
2. A comparative study could be conducted in different settings to find out the effectiveness of structured teaching programme.
3. An experimental study could be replicated with a control group.
4. A comparative study could be undertaken to evaluate different teaching strategies, self-instructional module (SIM), peer evaluation and education by students.

DISCUSSION

Structured teaching programme was found to be an effective educative method for improving the knowledge of rural people in the selected rural area regarding house hold management. The findings were similar to other studies, which shown that rural people having good knowledge on house hold management. In the present study results revealed that obtained [t] value was 2.66, which were found with statistically significant at 0.05 levels.

CONCLUSION

The study concluded that the structured teaching programme on knowledge regarding house hold management among rural people in selected rural area carried out was effective in improving the knowledge of rural people as evidenced by the significant change between pre-test and post-test knowledge score.

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CONFLICT OF INTEREST: Nil

SOURCE OF SUPPORT: Self Funded

ETHICAL CLEARANCE: Obtained from Institutional ethical committee

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