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Asking is the **Answer.**

Evidence Based Practice



Abstract of Investigation in Nursing Education and Practice



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Knowledge on Growth and Development of Infants Among Mothers at Selected Hospital

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Title

Assess the knowledge on growth and development of infants among mothers.

Objectives

- To assess the knowledge of mothers on growth and development of infants.
- To find the association of knowledge of mothers with selected demographic variables.

Assumptions

- Mother has minimal knowledge about growth and development of infant.

Materials and Methods

- **Research Approach :** In this study, quantitative approach was used
- **Research Design:** Descriptive research design was adopted for this study.
- **Sampling Technique:** In this study purposive sampling was used.
- **Samples:** The sample consisted of 60 mothers of infants who visited outpatient department of Bishop Benziger Hospital, Kollam
- **Tools :**
 - Tool 1: Demographic Proforma.
 - Tool 2: Structured Questionnaire.

Data collection process

Formal permission was obtained from the concerned authorities and informed consent was taken from mothers. The investigators introduced themselves to the subjects and the purpose of the study was explained to them. Confidentiality was assured. Purposive sampling technique was used to select the 60 mothers who visited outpatient department of Bishop Benziger Hospital, Kollam.

Results**I. Description of demographic variables**

Age: 50% of the mothers belonged to the age 20-28yrs, 40% of the mothers belonged to 29 – 37 years, 7% of mothers were having 38-45yrs of age and 3% of them were below 45yrs.

Number of children: Majority (93%) of mothers were having 1-2 nos. of children and 7% of mothers having 3-4 nos. of children.

Education: Majority of mothers (52%) were educated up to Higher Secondary level, 35 % were Graduates and 13% were Post Graduates.

Occupation: Majority (95%) were non- working mothers and 5% were working mothers.

II. Level of Knowledge among mothers.

Regarding the growth and development of infants, 47% of mothers had moderate knowledge and 53% of mothers had good knowledge.

III. Association between knowledge of mothers with their selected demographic variables.

There was no association between the mother's knowledge score with their selected demographic variables such as age, sex, occupation and previous knowledge.

Conclusion

This study attempted to assess the knowledge on growth and development of infants among mothers. The following conclusions are made from the findings of the study. Out of 60 mothers, 47% had moderate and 53% had good knowledge. There was no association between the mother's knowledge score with their selected demographic variables such as age, sex, occupation and previous knowledge.

**Effectiveness of Information Booklet on Knowledge of Mothers
Regarding Home Management of Respiratory Tract Infection among
Under Five Children in Pallithottam at Kollam**

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Title:

A study to assess effectiveness of Information Booklet on Knowledge of Mothers Regarding Home Management of Respiratory Tract Infection among Under Five Children in Pallithottam at Kollam

Objectives

- To determine the knowledge regarding home management of respiratory tract infection among mothers of under five children in Pallithottam at Kollam.
- To evaluate the effectiveness of information booklet on knowledge regarding respiratory tract infection among mothers of under five children in Pallithottam at Kollam.
- To determine the association between pretest knowledge score and selected demographic variables.

Hypothesis

H₁: There will be significant difference between pretest and post test scores of knowledge among mothers in experimental group.

H₂: There will be a significant association between pretest knowledge scores among mothers with selected demographic variables.

Materials and Methods

- **Research Approach :** In this present study, quantitative approach was used.
- **Research Design :** One group pretest- post test design.

Sampling Technique : In this study purposive sampling technique was used.

Samples : The samples consisted of 60 mothers of under five children. The samples were from Pallithottam area at Kollam.

Tools :

Tool 1 –Demographic Proforma

Tool 2- Structured questionnaire to assess the knowledge among mothers regarding respiratory tract infection.

Data collection process: Data were collected after obtaining prior administrative permission and informed consent from mothers. The tools for data collection were demographic Profoma including age, religion, type of family, type of residence, education, occupation and previous history of respiratory tract infection and a structured questionnaire for assessing knowledge on home management of respiratory tract infection.

Results

It is found that the calculated t value is 7.87 which is greater than the table value. So there was significant difference between pretest and posttest knowledge scores among mothers of under five children. Regarding association between pretest knowledge score among mothers with selected demographic variables such as age, religion, education, type of family, type of residence, occupation of mother, previous history of respiratory tract infection. The results indicated that there was significant association between pretest knowledge score among mothers with selected demographic variables such as age and education of mother. The findings of the study highlights that the information booklet was found to be effective and promotes in enhancement of mothers knowledge regarding home management of respiratory infection among under five children.

Conclusion

This study attempted to assess the effectiveness of information booklet on knowledge regarding home management of respiratory infection among mothers of under five children. The following conclusions are made from the findings of the study.

- The information booklet was found to be effective and promotes in enhancement of mothers knowledge regarding home management of respiratory infection among under five children.
- There was association between knowledge among mothers with selected demographic variables such as age and education of the mother.

Effectiveness of Play on Anxiety among Hospitalized Children

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Title

A study to assess the effectiveness of play on anxiety among hospitalized children in selected hospitals at Kollam

Objectives

- To assess the anxiety among hospitalized children before administering play in experimental and control group.
- To assess the effectiveness of play on anxiety among hospitalized children in experimental group.
- To find out the association between pretest anxiety score among hospitalized children with selected demographic variables like sex of the child, birth order, type of family, previous history of hospitalization and history of painful procedures.

Materials and Methods

- **Research Approach** :In this study, quantitative approach was used
- **Research Design** :The research designs adopted for this study was pretest post test control group design

-
- **Sampling Technique:** In this study purposive sampling was used.
 - **Samples:** The sample consisted of 50 mothers of under five children. The samples were from Pediatric wards of Bishop Benziger hospital and Sree Narayana Medical Trust mission hospital situated at Kollam..
 - **Tools :** **Tool 1** –Demographic proforma
Tool 2- Structured anxiety rating scale.

Data collection

The data were collected after obtaining prior administrative permission and informed consent from parents. The tools for data collection were demographic proforma including sex, birth order of child, type of family, previous history of hospitalization, and history of painful procedures and structured anxiety rating scale. The data collection was conducted from 8th to 13th February 2016. The setting for the study were Bishop Benziger Hospital and Sree Narayana Medical Trust Mission Hospital, Kollam. Initially the anxiety scale was given to 50 samples, then anxiety score was obtained which was categorized as mild, moderate and severe. Later the investigators selected the samples having moderate and severe anxiety as experimental and control group by consecutive sampling 25 in each group. On the first day, pretest was done by using structured anxiety rating scale. Then play intervention was given to the experimental group for 30 minutes a day for three days. Posttest of both group was done on the third day by using the same structured anxiety rating scale.

Results

The overall mean anxiety score calculated in experimental group was 9.28 and SD was 2.49. The overall mean anxiety score calculated in control group was 16.52 and SD was 3.33. The calculated t value of anxiety score was 8.7 which is greater than table value, it is concluded that play was found to be effective in reducing anxiety among hospitalized children and no association was found between pretest anxiety score among hospitalized children with selected demographic variables.

Conclusion

This study attempted to assess the effectiveness of play on anxiety among hospitalized children. The following conclusions are drawn from the findings of the study.

- The children who are admitted in the hospital have moderate level of anxiety.
- Play was found to be effective in reducing anxiety of hospitalized children.

The anxiety of children during hospitalization doesn't show a significance association with selected demographic variables.

A Study to assess the effectiveness of child to child approach and knowledge on personal hygiene among peer group students of selected upper primary school, Kollam.

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Title

A Study to assess the effectiveness of child to child approach and knowledge on personal hygiene among peer group students of selected upper primary school, Kollam

Objectives

- To assess the knowledge regarding personal hygiene among peer group students of selected upper primary school.
 - To evaluate the effectiveness of child to child approach regarding personal hygiene among peer group students of upper primary school.
 - To find out the association between child to child approach among peer group students of selected upper primary school and demographic variables.
-

Hypotheses

H1: There will be significant difference between the pretest and post test scores of personal hygiene in the experimental group.

H2: There will be an association between child to child approach among peer group students of selected upper primary school and demographic variables such as age, type of family, number of sibling ,economic status of family, educational level of mother, location of house.

Materials and Methods

- **Research Approach:** A quantitative research approach was adopted to assess the effectiveness of child to child approach and knowledge on personal hygiene among peer group students of selected upper primary school, Kollam
- **Research Design:** Pre-experimental research design with one group pre test post test only was adopted for the study.
- **Sample:** The sample size for the study was 70.
- **Sampling Technique:** Purposive sampling was selected in this study.
- **Tool**
 - Tool 1: Demographic Proforma
 - Tool 2: Structured Questionnaire.

Data Collection Process

The data collection was done using a self structured questionnaire on their knowledge regarding personal hygiene among upper primary school children. The data were collected after obtaining administrative approval and consent from the principal of selected schools. Convenient random sampling was used to select 10students from 7th standard and purposive sampling technique was used to select 60 students from 6th standard A division. Pre test was given for all the students of 7th A division and experimental group students on the same day.

Health teaching was conducted for all the students of 7th A division. 10 students of 7th standard who scored high in pre test and willing to participate were selected as trainee group. Post test of trainee group was done after five days and on the same day health teaching to experimental group by trainee group. After 5 days post test was conducted and the study finding were analysed .

Result

Among the samples 21.6% had high knowledge, 70% had moderate level of knowledge and 8.3% had poor knowledge. There was significant association between knowledge and selected demographic variables such as age, type of family, number of siblings, educational level of mother, economic status of family and location of house.

The findings revealed that mean pretest score was 16.98 and mean post test score was 23.46. The chi square test was used to find out the association between child to child approach among peer group students of upper primary school children and demographic variables such as age, type of family, location of house, educational qualification of mother, number of siblings, economic status of family. In posttest 93.33% had high knowledge, 5% had moderate knowledge, 1.66% had poor knowledge.

Knowledge on Factors Influencing Internet Addiction Among Adolescents In Selected Higher Secondary School, Kollam.

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Title

Knowledge on factors influencing Internet Addiction among Adolescents in selected Higher Secondary School, Kollam

Objectives

- To assess the knowledge on factors influencing internet addiction among adolescence using a self structure closed ended questionnaire.
- To find the association between knowledge on factors influencing internet addiction and selected demographic variables.

Materials and Methods

- **Research Approach:** Quantitative research approach was adopted for the study.
- **Research design:** Descriptive research design was used for the study.
- **Setting:** The setting for the study was Govt. Boy's Higher Secondary School, Kollam.
- **Sample:** 100 Samples were used for the study.
- **Sampling technique:** Simple random sampling was used for the study.

Tools

Tool 1: Demographic Proforma

Tool 2: Structured Questionnaire

Data collection procedure

Prior to data collection permission was taken from our institution and the principal of Govt. Boy's Higher Secondary School, Kollam. The time period allotted for data collection was from 02 -02 -2016 to 06 -02-2016. Total of 100 samples were selected by simple random sampling method (by attendance) . Consent was taken from the parents. Then questionnaire were distributed to each sample .The instruction regarding the questionnaire was given prior to data collection process.

Results

The mean value of knowledge score of higher secondary school students on factors influencing internet addiction was 88.4 and standard deviation was 13.156. There was no association between knowledge and factors like age, sex, education, type of family, internet availability and duration. But there was a significant association between knowledge and the income.

Conclusion

There was a significant association between knowledge level and income and no any other significant association was found between knowledge and any of the factors of the demographic variables.

Knowledge on Partograph among fourth year B.Sc. Nursing students studying in Bishop Benziger College of Nursing, Kollam.

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Title

Knowledge on partograph among fourth year B.Sc. Nursing students studying in Bishop Benziger College of Nursing, Kollam.

Objectives:

- To assess the knowledge on partograph among fourth year B.Sc. Nursing students studying in Bishop Benziger College of Nursing, Kollam.

Materials and Methods

- **Research approach and design:** Quantitative approach with Descriptive design.
- **Sampling technique:** Simple random technique was applied.
- **Samples:** The samples consisted of 30 fourth year B.Sc. Nursing students studying in Bishop Benziger College of Nursing, Kollam.
- **Tools:** Structured knowledge questionnaire .

Data collection process

Prior to data collection a formal written permission was obtained from the head of the institution. The purpose of the study was explained to the samples. Simple random technique was used to select the participants. Written consent was taken from the participants. The structured knowledge questionnaire was distributed to the participants and the completed questionnaires were collected back.

Results

The data were analysed using descriptive statistics. The study findings showed that the most majority (93.33%) of the samples had previous knowledge regarding partograph. Remarkable majority of sample (56.67%) had very good knowledge regarding partograph, considerable percentage of sample (36.67%) had good knowledge, and negligible percentage (6.66%) of students had adequate knowledge and no one had poor knowledge.

Conclusion

The study showed that remarkable majority of the participants (56.67%) had very good knowledge regarding partograph among fourth year B.Sc. Nursing students studying in Bishop Benziger College of Nursing. Thus good knowledge regarding Partograph will be helpful in management of women who is on first stage of labour.

**A Study to Assess the Effectiveness of Structured Teaching Programme
on Knowledge Regarding Polycystic Ovarian Syndrome among
Adolescent Girls in a Selected Higher Secondary School at Kollam.**

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Title

A study to assess the effectiveness of structured teaching programme on knowledge regarding polycystic ovarian syndrome among adolescent girls in a selected higher secondary school at Kollam.

Objectives

- To assess the knowledge regarding polycystic ovarian syndrome among adolescent girls in a selected higher secondary school at Kollam
- To assess the effectiveness of structured teaching programme on knowledge regarding polycystic ovarian syndrome among adolescent girls in a selected higher secondary school at Kollam.
- To find the association between knowledge regarding polycystic ovarian syndrome among adolescent girls and selected demographic variables.

Hypotheses

- **H₁:** There will be significant difference in the mean pretest and posttest scores of knowledge regarding polycystic ovarian syndrome among adolescent girls in selected higher secondary school at Kollam.
- **H₂:** There will be significant association between knowledge of adolescent girls regarding polycystic ovarian syndrome and selected demographic variables.

Materials and Methods

- **Research approach:** A quantitative research approach was adopted.
- **Research design:** In the present study, one group pretest – posttest design was selected.
- **Sampling technique:** Sampling technique selected was simple random sampling.
- **Samples:** 60 adolescent girls studying in XI and XII class in Vimala Hridaya Higher Secondary School, Kollam.
- **Tools**
 - Tool 1: Demographic Proforma
 - Tool 2: Structured knowledge questionnaire.

Data collection process

The data collection was done using a structured questionnaire on their knowledge regarding polycystic ovarian syndrome among adolescent girls. The data were collected after obtaining administrative approval and consent from the principal of the selected school. The subjects were selected based on inclusion and exclusion criteria. Simple random technique was used to select the sample. The adolescent girls studying in plus one and plus two classes were selected. 60 samples were selected by simple random sampling technique. After conducting the pretest, the students were given the Structured teaching programme and after five days posttest was conducted by using the same tool.

Results

The study was aimed to assess the effectiveness of structured teaching programme on knowledge regarding polycystic ovarian syndrome among adolescent girls. The results showed that there was significant difference in the knowledge score regarding polycystic ovarian syndrome among adolescent girls. It also showed that the mean posttest score (16.85) was greater than the mean pretest score (7.31) on knowledge regarding polycystic ovarian syndrome among adolescent girls. It shows that structured teaching programme was effective in improving knowledge regarding polycystic ovarian syndrome among adolescent girls in selected higher secondary school Kollam.

Conclusion

The present study highlighted the need to organize structured teaching programme to create awareness on knowledge regarding polycystic ovarian syndrome among adolescent girls. The study results showed that there was a significant difference in pretest and posttest knowledge scores among adolescent girls and were statistically significant at 0.05 level. So the structured teaching was effective in improving level of knowledge regarding polycystic ovarian syndrome.

Effectiveness of Self-Instructional Module on Knowledge and Attitude regarding Breast Self-Examination among Teachers in selected Higher Secondary Schools, Kollam.

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Title:

A study to assess the effectiveness of self-instructional module on knowledge and attitude regarding breast self-examination among teachers in selected higher secondary schools, Kollam.

Objectives:

- To assess the level of knowledge regarding breast self-examination among teachers of higher secondary schools.
- To assess the level of attitude regarding breast self-examination among teachers of higher secondary schools.
- To evaluate the effectiveness of self-instructional module on knowledge regarding breast self-examination among teachers of higher secondary schools.
- To evaluate the effectiveness of self-instructional module on attitude regarding breast self-examination among teachers of higher secondary schools.
- To find association between knowledge of teachers regarding breast self-examination and selected demographic variables.
- To find association between attitude of teachers towards breast self-examination and selected demographic variables.

Hypotheses:

H₁: There will be significant difference in the mean pretest and posttest scores of knowledge regarding breast self-examination among teachers in the experimental group.

H₂: There will be significant difference in the mean pretest and posttest scores of attitude regarding breast self-examination among teachers in the experimental group.

H₃: There will be significant difference in the mean posttest scores of knowledge regarding breast self-examination among teachers in the experimental and control group.

H₄: There will be significant difference in the mean posttest scores of attitude regarding breast self-examination among teachers in the experimental and control group.

H₅: There will be significant association between knowledge of teachers regarding breast self-examination and selected demographic variables.

H₆: There will be significant association between attitude of teachers towards breast self-examination and selected demographic variables.

Materials and Methods

- **Research approach:** Quantitative approach was used.
- **Research design:** Quasi experimental research design was selected for the study.
- **Sampling technique:** The technique used was purposive sampling technique
- **Sample:** The sample consisted of 100 teachers working in higher secondary schools.
- **Tools:**
 - Tool 1: Demographic Proforma.
 - Tool 2: Structured knowledge questionnaire.
 - Tool 3: Likert's attitude scale.

Data collection procedure

Prior to data collection a formal written permission was obtained from the institution and written consent was taken from the participants. Samples fulfilling the inclusion criterion were selected for the study. 50 samples were assigned to control group and 50 to experimental group. Pretests were done using the knowledge questionnaire and attitude scale. Self-Instructional Module was administered to the experimental group only and posttests for both the groups were done on the 14th day using the same tool.

Results

The mean posttest knowledge score of the experimental group (12.14 ± 2.99) was greater than the mean posttest knowledge score of control group (9.07 ± 2.13) at 0.05 level of significance and the mean posttest attitude score of the experimental group (37.67 ± 4.55) was greater than the mean posttest attitude score of control group (29.43 ± 3.81) at 0.05 level of significance. From the results it was found that self instructional module on knowledge and attitude regarding breast self examination was effective among teachers.

The study revealed significant association between knowledge and selected demographic variables such as number of children, area of residence and source of information and a significant association was found between attitude and selected demographic variables such as marital status and number of children.

Conclusion:

The study highlights the need for educational programs for teachers to create awareness regarding regular breast self-examination to minimize the risk of breast cancer and allied ailments.

Assess the level of Knowledge on home care management of CVA among care givers with a view to develop teaching module at BBH, Kollam

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Title:

Assess the level of Knowledge on home care management of CVA among care givers with a view to develop teaching module at BBH, Kollam

Objectives

- To assess the level of knowledge on home care management of CVA among care givers
- To develop a teaching module on home care management among care givers of patients with CVA
- To find the association between level of knowledge on home care management among care givers with selected demographic variables like age, gender, socio economic status, education.

Materials and methods

- **Research approach** : a quantitative research approach was adopted.
- **Research design** : descriptive.
- **Sampling technique** : purposive sampling.
- **Sample** : 50 care givers of CVA patients in Bishop Benziger Hospital, Kollam.
- **Tools:**

Tool 1 : Demographic data

Tool 2 : Questionnaire for assessing the knowledge

Data collection Process

The investigator obtained a written permission from the concerned authority. The pilot study was conducted in BICU. The purpose of the study was explained to the care givers and written consent was obtained. The participants were asked to give baseline information. Then the knowledge was assessed using knowledge questionnaire. The data collection was terminated by thanking the participants for their co-operation. The data collected was then compiled for analysis.

Results

The demographic data shows that the majority of samples (70%) were males and 30% were females, 10% of the sample were illiterate, 60% of the sample were unemployed and 40% were Employed, 80% of the sample were not having any unhealthy habits. Findings of the study were that 14% of the care givers have poor knowledge, 48% have average knowledge and 38% have good knowledge. There is no association between knowledge and selected demographic variables such as gender, occupation, education, socio economic status, diet, bad habit and source of information.

Conclusion

After a stroke, patients often suffer from varying degrees of disability that require acute inpatient treatment and extended care at home. Therefore the care givers assume multiple responsibilities that can result in stress, particularly when their own needs are inadequately addressed during the patient's recovery.

A study to assess the factors influencing quality of sleep and sleep satisfaction among the hospitalized patients at Bishop Benziger Hospital, Kollam.

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²Nursing tutor, Bishop Benziger College of Nursing Kollam)*

Title:

A Study to assess the factors influencing quality of sleep and sleep satisfaction among the hospitalized patients at Bishop Benziger Hospital , Kollam

Objectives

- To assess the factors influencing quality of sleep
- To assess sleep satisfaction among hospitalized patients.
- To find out the association between sleep satisfaction and selected demographic variables.

Materials and methods

- **Research:** Quantitative research approach
- **Research Design:** Descriptive design
- **Sampling Technique:** Quota sampling technique
- **Samples:** 60 patients admitted in Bishop Benziger Hospital
- **Tools:**

Tool 1: Demographic Proforma.

Tool 2: Interview schedule for assessing the sleep satisfaction.

Tool 3: Structured questionnaire.

Data collection process

Prior permission was obtained from Principal of Bishop Benziger College of Nursing and Administrative approval and consent from Director of Bishop Benziger Hospital, Kollam. The period of data collection was one week. The samples are equally taken from ICU, Wards, and Rooms. Written consent obtained from the samples.

Result:

On assessing the factors influencing the quality of sleep, among the samples in ICU, 70% of the patient's sleep was disturbed because of their disease condition, 45% of patient's mentioned about the unfamiliar environment and their financial burden as factors affecting their sleep. About 40% of patient's complained of noise and mosquitoes as distractors of their sleep. In ward about 95% of patient's said unwanted thoughts affected their sleep, 85% of patients sleep was affected by disease condition, 80% of patient's sleep was affected by mosquitoes and about 30% of patient's sleep was affected by unfamiliar environment. On private rooms 75% of patient's sleep was affected by mosquitoes, 70% of patient's sleep was affected by pain, about 55% of patient's sleep was affected by financial burden and 50% of patient's sleep was affected by uncomfortable bed. On sleep satisfaction, the patients admitted in ICU, ward and private room were moderately satisfied with their sleep in hospitals.

Conclusion:

Improper sleep can causes cardiovascular problems, mental ill health and also affects day time functioning, thinking, judgment, coping ability to stress, fatigue. By identifying the factors that enhancers the quality of sleep of patients, the nurses can work to ensure maximum sleep and sleep satisfaction among hospitalized patients.

Correlation between Knowledge and Attitude towards the Treatment of Mental Illness among the Caregivers of Mentally Ill

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Title:

Correlation between knowledge and attitude towards the treatment of mental illness among the caregivers of mentally ill.

Objectives

- To assess the knowledge on treatment of mental illness among the caregivers of mentally ill.
- To assess the attitude towards the treatment of mental illness among the caregivers of mentally ill.
- To find out the correlation between the knowledge and attitude regarding the treatment of mental illness among the caregivers of mentally ill.
- To find out the association between knowledge on treatment of mental illness and selected demographic variables among caregivers of mentally ill.
- To find out the association between attitude towards the treatment of mental illness and selected demographic variables among caregivers of mentally ill.

Materials and methods

- **Research Approach:** The present study selected quantitative approach.
- **Study design:** Descriptive co-relational research design was used to collect data from 60 caregivers of mentally ill and purposive sampling technique was employed.
- **Inclusion criteria:** Caregivers who can read Malayalam.
- **Exclusion criteria:** Caregivers who are on psychiatric treatment.
- **Tools and techniques:**
 - Tool 1 – Demographic Proforma
 - Tool 2 – Self structured Knowledge scale
 - Tool 3 – Self structured Attitude scale

Data collection process:

Formal permission was obtained from the concerned authorities and informed consent was taken from caregivers. The caregivers of mentally ill who fulfilled the sampling criteria were identified. The investigators introduced themselves to the subjects and the purpose of the study was explained to them. Confidentiality was assured. The purposive sampling technique was used to select the samples. 60 caregivers were selected and the tools were introduced.

Results

- **Description of demographic variables**

Age: 15% of caregivers belonged to the age below 25 years, 20% each belonged to 25-35 years and above 55 years and 10% were of age 36-45 years and 35% were of 46-55 years.

Sex: Majority 71.67% of caregivers were females and the rest 28.33% were males

Education: 26.67% of caregivers had only primary education and 23.33% had below SSLC. 28.33% had the education status of SSLC and 13.33% had plus two or pre degree. Only 8.33% had degree or above.

Occupation: Majority of the caregivers 76.67% were unemployed. 15% were self employed and only 8.33% were private employees

- **Description of knowledge scores**

50% of caregivers had poor knowledge regarding treatment of mentally ill. Only 22% had good knowledge and 28% had moderate knowledge.

- **Description of attitude scores**

23% of the caregivers had positive attitude towards treatment of mentally ill and 45% had neutral attitude. About 32% caregivers were with negative attitude towards the treatment of mentally ill.

- **Mean and standard deviation of knowledge and attitude scores**

The mean knowledge scores of the caregivers on treatment of mentally ill was 32.97 and the standard deviation was 3.99. In the case of attitude of caregivers towards the treatment of mentally ill, the mean was 58.73 and the standard deviation 4.23.

•Correlation between knowledge and attitude

The percentage scores of knowledge and attitude were plotted in a line diagram. The coefficient of correlation 'r' was 0.287. It showed a significant correlation between the knowledge and attitude of caregivers on treatment of mentally ill at 0.05 level of significance.

•Association of knowledge and attitude with demographic variables

No association was found between selected demographic variables with knowledge and attitude of caregivers on treatment of mental illness.

Conclusion

The current study showed a statistically significant correlation between knowledge and attitude of caregivers on treatment of mentally ill. Also there is no association between the selected demographic variables and knowledge and attitude of care givers.

**Work Place Stress among Staffs in Bishop Benziger College of Nursing,
Kollam**

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Title

A Survey study on work place stress among staffs in Bishop Benziger College of Nursing, Kollam

Objectives

- To assess the stress related to workplace among staffs in Bishop Benziger College of Nursing, Kollam

Materials and methods

- Research approach:** The present study selected the quantitative approach for determining the stress related to workplace among staffs in Bishop Benziger College of Nursing, Kollam
- Study design:** Descriptive Survey research design was used to collect data from 45 staffs.
- Sampling technique:** Purposive sampling technique was adopted for the study.
- Inclusion criteria:** All the staffs in Bishop Benziger College of Nursing, Kollam
- Tools and techniques**

Tool 1 – Workplace Stress Scale

Data collection process

Formal permission was obtained from the concerned authorities and informed consent was taken from all the staff members . The investigators introduced themselves to the subjects and the purpose of the study was explained to them. Confidentiality was assured. The purposive sampling was used to select the samples. Then the tool was introduced to 45 samples.

Results

Majority, 50% of staffs were stress free, 31.58% of staffs had fairly low levels of stress and only a small proportion, 18.42% had moderate level of stress due to workplace.

Conclusion

The prevention and management of workplace stress requires organizational level interventions, because it is the organization that creates the stress. Further, several stress management techniques such as emotional intelligence training, cognitive behavioural management techniques, social supportive systems, counselling services, yoga and sports activities should be introduced. Success in managing stress will depend on the culture in the organization. The culture of openness and understanding, rather than of criticism, is essential.

**A study to assess the knowledge and attitude of adolescent boys
regarding substance abuse in selected areas of Pallithottam.**

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Title:

A study to assess the knowledge and attitude of adolescent boys regarding substance abuse in selected areas of Pallithottam.

Objectives

- To assess the knowledge of adolescent boys regarding substance abuse
- To assess the attitude of adolescent boys regarding substance abuse
- To find out the association between knowledge and selected socio demographic variables
- To find out the association between attitude and selected socio demographic variables

Hypothesis

H1: There will be significant association between knowledge and selected socio demographic variables

Materials and methods

- **Research Approach:** Quantitative research approach
- **Research Design:** Descriptive design
- **Sampling Technique:** Convenient sampling technique
- **Tools:**
 - Tool 1: Demographic Proforma.
 - Tool 2: Five point Likert's scale.
 - Tool 3: Structured questionnaire.

Results**Demographic characteristics:**

44% of the sample were in the age group of 14-15 years, 34 % were in the age group of 16-17 years, 18% were in the age group of 18 years and 04 % were in the age group of 12-13 years. 100 % of the sample belong to Christian religion. 34% of the sample were from Century Nagar, 20 % each belonged to Don Bosco and Kaumudy Nagar, 08 % each belonged to Anugraha Nagar and Snehatheeram Nagar, 05% belonged to Anjali Nagar and 03 % belonged to Velicham Nagar, 02% belonged to Galilio Nagar. 51% of the samples possessed High school level of education, 46 % possessed Higher Secondary level of education, and 03 % had primary level of education. 55% of the samples' father's had education up to high school, 16 % of the samples' father's had higher secondary level of education, 14% of the samples' father's are illiterates, 13 % of the samples father's education level have primary school and father's of 02 % of the samples have educational level degree and above. 55% of the samples mother's education level have high school, 23 % of the samples mother's education level have higher secondary , 09 % of the samples mother's are illiterates, 09 % of the samples mother's education level have primary school and mother's of 04 % of the samples have educational level degree and above. Out of 100 samples majority of samples are students (74%), 7% have occupation as fisherman, 5% have occupation as painting, 3% have occupation as coolie and unemployment, and 2% have occupation as plumbing, electrician and engaged in other works. Out of 100 samples 52% of samples father have job, 38% of samples - mother and father are employees, 10% of samples only mother have job. Out of 100 samples 74 % of samples have monthly income 5000-10000 ,12% of samples have monthly income 10001- 15000, 05 % of samples have monthly income 15001- 20000. Out of 100 samples, 41% of samples use substances for abuse.

Knowledge

Out of 100 samples, 48% had poor knowledge, 47 % had average knowledge and 05 % had good knowledge about substance abuse with a mean score of 10.29.

Attitude

Out of 100 samples, 53% had unfavourable attitude and 47% had favourable attitude.

Association

All the demographic variables had significant association with the knowledge and attitude score.

Conclusion

The researchers conducted a study to assess the knowledge and attitude of adolescent boys regarding substance abuse since it was identified as a felt need of adolescents in the adopted Nagars of Bishop Benziger Community Health Centre. The study found that 48% had poor knowledge, 47 % had average knowledge and 05 % had good knowledge about substance abuse with a mean score of 10.29 and 53% of the samples had unfavourable attitude and 47% had favourable attitude.

A study to assess the effectiveness of structured teaching programme on knowledge regarding modified life style pattern among diabetic patients in selected area of Pallithottam, Kollam

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Title:

A study to assess the effectiveness of structured teaching programme on knowledge regarding modified life style pattern among diabetic patients in selected area of Pallithottam, Kollam.

Objectives:

- To assess the effectiveness of structured teaching programme on knowledge regarding modified life style pattern among diabetic patients in selected area of Pallithottam, Kollam.

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- To assess the knowledge regarding modified life style pattern among diabetic patients in selected area of Pallithottam, Kollam.
 - To find out the association between structured teaching programme and knowledge regarding modified life style pattern among diabetic patients in selected area of Pallithottam, Kollam.

Hypothesis

H₁: There will be significant difference between pretest and posttest knowledge scores of diabetic patients regarding the modified life style pattern.

H₂: There will be significant association between the pretest knowledge score among diabetic patients and selected demographic variables.

Materials and methods

- **Research Approach:** Quantitative research approach
- **Research Design:** One group pretest - posttest design
- **Sampling Technique:** Purposive sampling
- **Samples:** 50 Diabetes patients from Pallithottam, Kollam
- **Tool:**

Tool 1- Demographic Proforma.

Tool 2- Self structured questionnaire.

Data collection process

The data collection was done from 14-02-2018 to 16-02-2018. Formal permission was obtained from the concerned authorities and informed consent was taken from selected diabetic patients. On the first day pretest was done by using structured knowledge questionnaire. Then structured teaching program was given to the group and post test was done after 2 days by using the same questionnaire.

Result

The present study revealed that only 4% of diabetic patients had good knowledge regarding modified lifestyle pattern, 14% had average knowledge and 82% had poor knowledge . After the structured teaching program, 50% had good knowledge, 36% had average knowledge and 14% poor knowledge regarding modified life style pattern. The calculated t value (9.7) was found to be greater than the table value (2). Hence the structured teaching program was found to be effective.

Conclusion

The present study showed that structured teaching program regarding modified life style pattern has improved the knowledge of diabetic patients. There is need to inform the people regarding the importance of life style modifications in diabetes mellitus.

**Effectiveness of self instructional module on knowledge regarding
Attention Deficit Hyperactivity Disorder in children among selected
mothers at Pallithottam, Kollam**

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Title:

Effectiveness of self instructional module on knowledge regarding Attention deficit hyperactivity disorder in children among selected mothers at Pallithottam, Kollam.

Objectives

- To assess the knowledge regarding Attention Deficit Hyperactivity Disorder in children among selected mothers at Pallithottam, Kollam.
- To assess the effectiveness of self instructional module on knowledge regarding Attention Deficit Hyperactivity Disorder in children among mothers at Pallithottam, Kollam.
- To find the association between knowledge regarding Attention Deficit Hyperactivity Disorder in children among selected mothers and selected demographic variables.

Hypotheses

H₁: There will be significant difference between pretest and posttest scores of knowledge among mothers in experimental group.

H₂: There will be significant association between pretest knowledge scores among mothers with selected demographic variables.

Materials and Methods

- **Research Approach :** Quantitative research approach
- **Research Design :** One group pre test- post test design
- **Sampling Technique :** Purposive Sampling
- **Samples:** 50 mothers with 3-9 years old children from Pallithottam, Kollam.
- **Tool :**
 - Tool 1 - Demographic proforma
 - Tool 2 - Self Structured Questionnaire

Data collection process:

Data were collected after obtaining prior administrative permission and informed consent from mothers. The setting for the study was done at Pallithottam area, Kollam. On the first day, pre test was done by using a self structured questionnaire related to the knowledge of attention deficit hyperactivity disorder. Then self instructional module was given to the mothers and posttest was done after two days with the same questionnaire.

Results

A significant association was found between knowledge of mothers and demographic variables like age of the mother, age of the child, number of children, education, income and no association was found between knowledge of mothers and demographic variables such as residence, and learning difficulties. The mean pretest knowledge score was 3.90, the mean posttest knowledge score was 9.34 and the calculated t' value was 22.57 which is higher than the standard value at 0.05 level of significance. So there was significant difference between pretest and posttest knowledge scores among mothers of children between the age group of 3-9 years indicating the effectiveness of self instructional module.

Conclusion

The present study showed that self instructional module related to attention deficit hyperactivity disorder has widened the knowledge of mothers. There is need to make the people aware of the symptoms of ADHD and to take care of such children with maximum support and encouragement.

A descriptive study to assess the impact of cyclone Ockhi on the socio-economic livelihood of fishermen community of Kollam district, Kerala

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Title:

A descriptive study to assess the impact of cyclone Ockhi on the socio-economic livelihood of fishermen community of Kollam District, Kerala

Objectives

- To assess the impact of cyclone Ockhi on the socio- economic livelihood of fishermen community in selected areas of Kollam district, Kerala.

Materials and Methods

- **Research Approach :** Quantitative research approach
- **Research Design :** Descriptive research design
- **Sampling Technique :** Convenient sampling
- **Samples:** 60 fishermen from Pallithottam area at Kollam.
- **Tool:**

Tool 1 - Demographic Data

Tool 2 - Interview schedule

Data collection process:

The data collection was done from 24/2/17 to 28/2/17. Formal permission was obtained from the concerned authorities and informed consent was taken from selected members. On the first day interview schedule was given for assessing the impact of cyclone Ockhi on the socio economic livelihoods of fishermen community in selected areas of Pallithottam, Kollam district Kerala. The collected data were analyzed by using descriptive statistics.

Results**After effect of Ockhi**

All the samples were from the fishermen community. They lost their house hold property due to cyclone Ockhi. And about 46.6% of fishermen like to leave fishing, and about 25% of fishermen plan to migrate from coastal area to another area, 66% have facilities to get information from weathercast board, 46.6% received health services from government or nongovernment organization after cyclone Ockhi, 15%. 11.6% had faced health problem 8.3% were affected food borne diseases 15% does not receive availability of quality drinking water, 45% of the school going children experienced disturbances in education, 95% have experienced loss in fish marketing and about 86.6% have fear to go for fishing after cyclone Ockhi.

Fishermen do not have any other source for livelihood. From this sample, 85% fishermen not present secondary strategy for livelihood, 68.3% of women in their families are not going to work, and 65 % do not have any property or household lost. And about 53.3% of fishermen do not like to leave fishing after cyclone Ockhi, and about 25% of fishermen have no plan to migrate from coastal area to another area 33.3% not have facilities to get information from weathercast board, 53.3% does not received benefits from government or nongovernment organization and, 85% does not received health services. 88.3% did not face faced health problem. 91.6% were not affected with food born disease following cyclone Ockhi. 85% receive quality drinking water following cyclone Ockhi 55% of the school going children not experienced disturbances in education after cyclone Ockhi. And 5% didn't experienced loss in fish marketing and following cyclone Ockhi and 13.3% have no fear after cyclone Ockhi.

Conclusion

Every year, millions of people are affected by both human-caused and natural disasters. The present study was aimed to assess the impact of cyclone Ockhi on the socio economic livelihood of fishermen community in selected areas of Kollam district, Kerala.

A study to evaluate the effectiveness of self instructional module on knowledge regarding road safety among adolescents in selected areas, Kollam

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Title

A study to evaluate the effectiveness of self instructional module on knowledge regarding road safety among adolescents in selected areas, Kollam

Objectives

- To assess the knowledge regarding road safety among adolescents.
- To evaluate the effectiveness of self instructional module on knowledge regarding road safety among adolescents.
- To find out association between the knowledge regarding road safety among adolescents and selected demographic variables .

Hypotheses

H₁- There will be significant difference between the mean pretest and posttest score of knowledge regarding road safety among adolescents.

H₂- There will be significant association between the pretest level of knowledge regarding road safety among adolescence with selected demographic variables.

Materials and Methods

- **Research Approach :** Quantitative research approach
- **Research Design:** pre-experimental one group pretest - posttest research design
- **Sampling Technique :** purposive sampling technique
- **Samples:** 60 adolescence in selected areas Kollam.
- **Tool:**
 - Tool 1 - Demographic Data
 - Tool 2 - Self Structured questionnaire

Data Collection Process

The data collection was done from 24/2/17 to 28/2/17. Formal permission was obtained from the concerned authorities and informed consent was taken from selected members. On the first day pretest was done with structured questionnaire for assessing the knowledge regarding road safety and information booklet on road safety was given to the samples. Posttest was taken after five days and the collected data were analyzed by descriptive statistics.

Result

A significant association was found between knowledge on road safety among adolescents with their selected demographic variables like sex, type of family, number of siblings, educational qualification of father, occupation of father. No association was found between knowledge on road safety among adolescents with their selected demographic variables like age, educational qualification of mother.

The present study revealed that 14% of the sample had good knowledge regarding road safety, 22% had average knowledge and 23% had poor knowledge in the pre test. After the structured teaching program, 24% of the samples acquired good knowledge, 28% had average knowledge and 8% had poor knowledge regarding modified life style pattern. The mean pretest knowledge score was 10.42; the mean posttest knowledge score was 13.23.

Conclusion

The present study showed the effectiveness of self instructional module on knowledge regarding road safety among adolescents in selected areas of Kollam district. There is urgent need to make the adolescents know and obey the road safety rules to minimize accident .

A study to assess the effectiveness of structured teaching programme on knowledge regarding child abuse among children in a selected school at Kollam

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Title

A study to assess the effectiveness of structured teaching programme on knowledge regarding child abuse among children in a selected school at Kollam.

Objectives

- To assess the knowledge regarding child abuse among children in a selected school at Kollam .
- To assess the effectiveness of structured teaching programme on knowledge regarding child abuse among children in a selected school at Kollam .
- To find out the association between knowledge regarding child abuse among children and selected demographic variables.

Hypotheses

H₁: There will be significant difference between the pretest and posttest knowledge scores regarding child abuse among children.

H₂: There will be significant association between knowledge scores regarding child abuse among children and selected demographic variables.

Materials and Methods

- **Research Approach :** Quantitative research approach
- **Research Design:** One group pretest - posttest research design
- **Sampling Technique :** Simple random sampling technique
- **Samples:** 40 children who are studying in Infant Jesus Lower Primary School, Pallithottam, Kollam.

- **Tools and techniques**

- Tool 1: Demographic Proforma

- Tool 2: Structured questionnaire

- Technique - Structured teaching programme

Data Collection Process

The data collection was conducted from 14-02-2018 to 16-02-2018..The data collection was carried out using a structured questionnaire on knowledge regarding child abuse among children. The data were collected after obtaining administrative approval and consent from the principal of selected school. The subjects were selected based on inclusion and exclusion criteria. Simple random sampling technique was used to select the sample. The children who are studying in fourth standard were selected. After conducting the pretest the researcher gave the intervention on the same day. After five days post test was conducted .

Results

The present study revealed that out of 40 samples, 62.5% of the children had poor knowledge, 37.5% had average knowledge regarding child abuse in pretest. After the structured teaching programme, 62.5% of the sample acquired good knowledge, 30 % possessed average knowledge and only 7.5% poor knowledge in posttest . The mean posttest score 16.05 was greater than mean pretest score 9.8 and the 't' value was (8.77) greater than the table value 2.00. So, the study shows that structured teaching programme was effective to increase the knowledge regarding child abuse among children The present study showed there was no significant association between knowledge and demographic variables like sex, father's education, mother's education, father's occupation, mother's occupation, media with knowledge.

Conclusion

There have been substantial and significant increase in the incidence of child abuse in our society. Education about the child abuse is the need of the hour.

**A descriptive study to assess the urban health issues and challenges
among peoples in selected areas at Kollam district**

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Title

A descriptive study to assess the urban health issues and challenges among peoples in selected areas at Kollam district

Objectives

To assess the urban health issues and challenges among people in selected areas at Kollam district

Materials and methods

- **Research approach:** A quantitative research approach was adopted .
- **Research design:** A descriptive research design was adopted.
- **Sampling technique:** Convenient sampling technique was used in this study.
- **Samples:** 60 adults of age group between 20 – 70 years residing in Velicham Nagar, Pallithottam at Kollam District.
- **Tools**

Tool 1 - Demographic Proforma

Tool 2– Self structured questionnaire

Data collection process

The data collection was conducted from 14-02-2018 to 16-02-2018. The samples for the study were selected by convenient sampling methods. Sample size was 60. The time period for data collection was three days . During the visit, the researchers introduced themselves and explained the purpose of the study and collected the information using the tool.

Results

The findings of the study shows that out of 60 samples 43.3% of the samples were affecting over-crowding due to urbanization and 33.3% of samples were affected with industrialization and the rest 23.4% facing air pollution. 49.3% of samples were addicted to substance abuse like alcohol, smoking, drug etc. and 2% of samples were affected with communicable diseases like tuberculosis, psoriasis and 38.10% of samples were affected with non-communicable diseases like Diabetes mellitus, cancer, hypertension etc. and the rest 11.6% of samples affected with mental illness.

41.6% samples faced poor sanitation due to overpopulation & inadequate sewage facilities and 35% of the samples remarked that poor sanitation was only due to overpopulation in the area and 20% of sample facing poor sanitation due to inadequate sewage facilities. 3.3% of samples facing poor sanitation due to other reasons like lack of space, lack of knowledge etc.

75% addicted in substance abuse and 10% of samples were affected with unemployment, 8.34% of samples had sexual harassment and 6.6% of samples expressed overcrowding as a social problem in their area. 58.4% samples are facing water pollution due to improper waste disposal, 23.3% samples suggest water pollution due to improper drainage, and 13.3% of samples facing water pollution due to improper water usage and 5% samples mentioned other reasons like lack of facilities for proper sanitation. 38.3% unemployment was due to home issues, 33.3% of samples unemployment was due to illiteracy, 25% facing unemployment was due to lack of opportunity, 3.3% facing unemployment due to lack of interest in doing work.

50% of the samples utilizing the Community Health Centre, 38.70% of samples were utilizing the FCDP, 8.3% of samples are not utilizing any of these agencies, 2% of samples utilizing others agencies in Private and Government sectors. 14.2% of samples migrated from rural areas to urban areas for earning better income, 7.4 % of samples for gaining better educational facilities for their children, 13% of samples for achieving better lifestyle and 65.4% of samples migrated from rural areas to urban areas for all of these reasons.

0.5% samples believe birth sin as an aggravating factor for respiratory diseases, 15.5% samples believe hereditary as aggravating factor for respiratory diseases, 75.85% samples believe air pollution as the aggravating factor for respiratory diseases, and 8.15% of samples don't know the reason for respiratory diseases.

45.38% of samples showing increasing alcoholism due to increased number of working women in their area, 22.42% of samples suggest increased alcoholism due to illiteracy, 20% of samples have expressed increased alcoholism due to unemployment in their area and rest 12.20% of samples suggest increased alcoholism in their area due to lack of recreational facilities.

51.54% samples were facing respiratory diseases due to smoking in their area, 19.60% of samples were facing asthma, 1.12% samples were facing lung cancers due to smoking and rest of the samples 27.74% were facing other health problems like chronic obstructive pulmonary diseases, dental problems etc. 55.5% of samples drink alcohol every day, 25.03% samples drink alcohol 5-6 times in a week, 10.02% samples drink alcohol occasionally and rest 9.45% samples drink alcohol once a month. 70.1% of samples drink methanol as their drink of choice, 24.3% of samples drink beer as their drink of choice, and 5.6% of samples drink wine as their drink of choice. 53.5% of samples consume alcohol at home, 25% of samples consume alcohol at bar, 13.2% of samples consume alcohol at restaurant, 8.3% of samples consume alcohol at club. 57.6% of samples drink alcohol with friends, 23.2% of samples drink alcohol at party, 11% of samples drink alcohol over dinner, 8.2% of samples drink alcohol at home.

68.3% of samples dispose kitchen waste in open spaces, 19% of samples dispose kitchen waste in public places, 10.7% of samples dispose kitchen wastes near their home, 2% of samples choose other methods. 65.7% of samples remarked that poor waste management was responsible for communicable diseases in their area, 26.30% of samples remarked overcrowding as the factor responsible for communicable disease.

53.13% of samples are facing heart related problems like hypertension, coronary artery disease etc. 28.4% of samples are facing respiratory tract diseases like asthma, chronic obstructive pulmonary diseases, 15.42% are suffering from skin problems and rest 3.05% have kidney diseases. 54.3% of samples are facing insufficient space at home, 33.42% samples are facing improper waste disposal, 12.30% samples remarked poor drainage facilities and 0.08% samples have other reasons like overcrowding, lack of facilities etc. 71.10% samples didn't get any health talk regarding the prevention of overuse of substances, and 21.60% samples got health talk regarding the prevention of overuse of substances.

Conclusion

Urban health refers to health of a population that lives and works closely together, usually in areas, such as city or town, with a common water supply and with similar environmental conditions. Urban health problems implies the health problems faced by the people residing in urban areas. The focus of urban area health research is to gain greater understanding of the social, economical and health status of people and to evaluate interventions leading to improved health care delivery and improved health. The environmental and social conditions of urban area with high population density, air pollution, crime and exposure to occupational and environmental hazards can also cause or exacerbate illness. Health challenges particularly evident in cities are related to water, environment, violence and injury, non-communicable diseases, unhealthy diets and physical inactivity, harmful use of alcohol as well as the risks associated with disease outbreaks. City living and its increased pressures of mass marketing, availability of unhealthy food choices and accessibility to automation and transport all have an effect on lifestyle that directly affect health. Through this study we could assess the leading health issues and challenges of people residing in Velicham Nagar, Pallithottam, Kollam.

A study to assess the effectiveness of structured teaching programme on knowledge regarding chronic obstructive pulmonary disease among people in selected areas at Kollam

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Title

A study to assess the effectiveness of structured teaching programme on knowledge regarding chronic obstructive pulmonary disease among people in selected areas at Kollam.

Objectives

- To assess the knowledge regarding chronic obstructive pulmonary disease among people in selected areas at Kollam
- To evaluate the effectiveness of structured teaching programme on knowledge regarding chronic obstructive pulmonary disease among people in selected areas at Kollam .
- To find out the association between knowledge score regarding chronic obstructive pulmonary disease among people and selected demographic variables.

Hypotheses

H₁: There will be significant difference between the pretest and posttest knowledge scores regarding chronic obstructive pulmonary disease among people.

H₂: There will be significant association between knowledge scores regarding chronic obstructive pulmonary disease among people and selected demographic variable

Materials And Methods

- **Research approach.:** A quantitative research approach was adopted
- **Research design:** one group pretest posttest research design

-
- **Sampling technique:** Convenient sampling technique was used in this study.
 - **Samples:** People who are residing in Anugraha Nagar and Century Nagar of Pallithottam, Kollam
 - **Tools and techniques**
 - Tool 1: Demographic Proforma
 - Tool 2: Structured questionnaire

Technique : Structured teaching programme on knowledge regarding chronic obstructive pulmonary disease .

Data collection procedure

The duration of the data collection was from 7-02-2018 to 09-02-2018. The setting of the study was in selected areas of Pallithottam, Kollam. Convenient sampling technique was used in this study. The data were collected after obtaining prior administrative permission and informed consent from people. Pretest knowledge regarding chronic obstructive pulmonary disease was assessed by using questionnaire before giving structured teaching programme and the researcher gave the intervention on the same day. After three days Posttest on knowledge regarding chronic obstructive pulmonary disease was assessed by using same structured questionnaire. The data were collected and systematically tabulated to facilitate data analysis. The collected data were analyzed by both descriptive and inferential statistics.

Result:

The present study revealed that out of 60 samples only 5% of the people had good knowledge, 60% had average knowledge and 35% had poor knowledge regarding chronic obstructive pulmonary disease in pretest. After the structured teaching programme 46.6% had good knowledge, 48.3 % had average knowledge and 5% had poor knowledge. The mean posttest score 9.22 was greater than mean pretest score 5.47 and the 't' value was (12.91) greater than the table value 2.00. So, the structured teaching programme was effective to increase the knowledge regarding chronic obstructive pulmonary disease among people. The present study also showed significant association between knowledge and age.

Conclusion

People with chronic obstructive pulmonary diseases commonly become symptomatic during the middle adult years, and the incidence of disease increases with age. Many people have poor knowledge regarding chronic obstructive pulmonary disease. They do not know about the etiology or risk factors leading to chronic obstructive pulmonary disease. This all leads to morbidity and mortality of population. The study results showed that there was significant improvement in knowledge among people after providing a structured teaching programme.

A study to assess the effectiveness of structured teaching programme on knowledge regarding old age health problems among geriatrics in selected areas at Kollam

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Title

A study to assess the effectiveness of structured teaching programme on knowledge regarding old age health problems among geriatrics in selected areas at Kollam

Objectives

- To assess the knowledge regarding old age health problems among geriatrics in selected areas at Kollam.
- To assess the effectiveness of structured teaching programme on knowledge regarding old age health problems among geriatrics in selected areas at Kollam.

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- To find out the association between knowledge regarding old age health problems among geriatrics and selected demographic variables.

Hypothesis

H₁: There will be significant difference between the pretest and posttest knowledge scores regarding old age health problems.

H₂: There will be significant association between knowledge scores regarding old age health problems and selected demographic variable.

Materials and Methods

- **Research approach:** Quantitative research approach was adopted
- **Research design:** one group pretest –post test research design .
- **Sampling technique:** Simple random sampling technique was used in this study.
- **Samples:** Geriatrics in Anugraha Nagar ,Pallithottam, Kollam
- **Tools**

Tool 1: Demographic Proforma

Tool 2: Structured questionnaire

Data collection process

The duration of the data collection was from 7-02-2018 to 09-02-2018. Simple random sampling technique was used to select the sample. The samples were taken from Anugraha nagar. The geriatric people who are 60 years or more were selected. A total of 60 geriatrics were selected by simple random sampling. The data were collected using a structured questionnaire on knowledge regarding health problems of old age. The researcher conducted the pretest and gave the intervention on the same day. After three days post test was conducted.

Results

In the present study the demographic data revealed that the majority of the geriatrics were in age of 60-70years (53.33%%) and most of the geriatrics were male (56.6%). Most of them living in nuclear family (81.6%)and most of them had primary education (71.66%). The geriatrics got more information about health problems of old age through mass media(78.33%). Majority of geriatrics had job(75%).

The present study revealed that 8.33% of geriatrics had good knowledge, 21.66% had average knowledge and 70% had poor knowledge regarding old age health problems in pretest. After giving a structured teaching programme regarding old age health problems 63.33% of geriatrics had good knowledge, 30% had average knowledge and 6.66% had poor knowledge in post test. The mean posttest score 17.85 was greater than mean pretest score 7.03 and 't' value (20.90) was greater than the table value (2.00), so the structured teaching programme was effective. The study shows that structured teaching programme was effective to increase the knowledge regarding old age health problems among geriatrics. There was no significant association between demographic variables and knowledge regarding old age health problems at 0.05 level of significance.

Conclusion

The geriatrics have lack of knowledge relates to their health problems. So they don't know about its proper management. Nowadays education regarding the importance of healthy practices and prevention of illness and promotion of health is very essential to the geriatrics. The present study aimed to assess the effectiveness of structured teaching programme on knowledge regarding old age health problems among geriatrics.

A study to assess the effectiveness of structured teaching programme on knowledge regarding management of disturbed sleeping pattern among older adults above 60 years of age.

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Title

A study to assess the effectiveness of structured teaching programme on knowledge regarding management of disturbed sleeping pattern among older adults above 60 years of age.

Objectives

- To assess the knowledge on management of disturbed sleeping pattern among older adults above 60 years of age.
- To find out association between knowledge and selected demographic variables

Hypotheses

H1: There will be significant difference between the pretest and posttest scores of knowledge on management of disturbed sleeping pattern among older adults above 60 years of age.

H2: There will be association between knowledge and selected demographic variables.

Materials and methods

- **Research approach:** Quantitative research approach
- **Research Design:** One group pretest - posttest design
- **Sampling Technique:** simple random sampling technique.
- **Samples:** 30 older adults
- **Tool:**

Tool 1: Demographic Proforma.

Tool 2: Self structured questionnaire.

Data Collection Process

The data collection was done from 14-02-2018 to 16-02-2018. Formal permission was obtained from the concerned authorities and informed consent was taken from selected older adults. On the first day pre test was done by using structured knowledge questionnaire. Then structured teaching program was given to the group and post test was done after 2 days by using the same questionnaire.

Result

The present study revealed that 3% of older adults had average knowledge and 97% had poor knowledge in the pre test. After the structured teaching program, 100% had average knowledge. Hence the structured teaching program was found to be effective. There is significant association between knowledge and selected demographic variables such as age, gender and education.

Conclusion

The present study showed that structured teaching program regarding management of disturbed sleeping pattern has improved the knowledge of older adults. There is need to help the old age people to manage the sleeping problems in order to lead a productive life.

A study to assess the effectiveness of self-instructional module on knowledge regarding self-defensive measures among women in selected areas at Pallithottam, Kollam.

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Title

A study to assess the effectiveness of self-instructional module on knowledge regarding self-defensive measures among women in selected areas at Pallithottam, Kollam.

Objectives

- To assess the knowledge regarding self defensive measures among women in selected areas at Pallithottam, Kollam.
- To assess the effectiveness of self-instructional module on knowledge regarding self defense measures among women in selected areas at Pallithottam, Kollam.
- To determine the association of pretest knowledge regarding self-defensive measures and selected demographic variables among women in selected areas at Pallithottam, Kollam..

Hypotheses

H₁: There will be significant difference between pretest and posttest scores of knowledge among the samples.

H₂: There will be significant association between pretest knowledge of women with selected demographic variables.

Materials and methods

- **Research approach:** Quantitative research approach
- **Research Design:** One group pretest posttest design
- **Sampling Technique:** purposive sampling
- **Samples:** 60 women between 10-50 years of age
- **Tools:**

Tool 1- Demographic Proforma

Tool 2:- Self structured questionnaire

Data Collection Process

The data collection was done from 14-02-2018 to 16-02-2018. Formal permission was obtained from the concerned authorities and informed consent was taken from selected women. On the first day pre test was done by using structured knowledge questionnaire. Then self instructional module was given to the group and post test was done after 2 days by using the same questionnaire.

Result

In the present study, the mean value for knowledge scores in the pretest and post test were 3.8 and 6.3 respectively. Since the computed t value (17.06) is greater than the table value (2.0), at 0.05 level of significance; the self instructional module was found to be effective. The calculated chi square value for all variables was less than the table value. Thus it can be concluded that demographic variables had no significant association with knowledge.

Conclusion

There is a need for the women to be educated about the self defensive measures which will help them to lead a safe life.

A study to assess the knowledge regarding importance of environmental hygiene among adults in selected community area, Kollam.

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Title

A study to assess the knowledge regarding importance of environmental hygiene among adults in selected community area, Kollam.

Objectives

- To assess the knowledge regarding importance of environmental hygiene among adults.
- To find out the association between knowledge regarding importance of environmental hygiene and selected demographic variables.

Materials and methods

- **Research Approach:** Quantitative research approach
- **Research Design:** descriptive research design
- **Sampling Technique:** convenient sampling
- **Samples:** 60 adults
- **Tools:**

Tool 1: Demographic proforma.

Tool 2: Structured questionnaire.

Data collection process

The data collection was done from 14-02-2018 to 16-02-2018. Formal permission was obtained from the concerned authorities and informed consent was taken from selected adults. Data collection was done by using structured knowledge questionnaire.

Results

The findings showed that 3% of adults had poor level of knowledge, 35 % had average knowledge, 30% had below average knowledge, 28% had above average knowledge and 4% had excellent level of knowledge. There was no significant association between knowledge and selected demographic variables.

Conclusion

Considering the above findings of the study, it can be concluded that through knowledge attainment the people will develop a good attitude towards the environmental hygiene.

A study to assess the effectiveness of self instructional module on knowledge regarding dietary management of hyperlipidemia among young adults in selected area, Kollam

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Title

A study to assess the effectiveness of self instructional module on knowledge regarding dietary management of hyperlipidemia among young adults in selected area, Kollam.

Objectives

- To assess the knowledge regarding dietary management of hyperlipidemia among young adults.
- To evaluate the effectiveness of self-instructional module on knowledge regarding dietary management of hyperlipidemia among young adults.
- To find out the association between knowledge regarding dietary management of hyperlipidemia and selected demographic variables.

Hypotheses

H1: There will be significant difference between the mean pretest and posttest scores on knowledge regarding the dietary management of hyperlipidemia.

H2: There will be significant association between the knowledge regarding dietary management of hyperlipidemia and selected demographic variables.

Materials and methods

- **Research Approach:** Quantitative research approach
- **Research Design:** one group pretest - posttest design
- **Sampling Technique:** purposive sampling
- **Samples:** 40 young adults
- **Tools and Techniques:**

Tool 1: Demographic proforma

Tool 2: Self reported knowledge questionnaire.

Technique: Self instructional module

Data collection process:

The data collection was done from 14-02-2018 to 16-02-2018. Formal permission was obtained from the concerned authorities and informed consent was taken from selected young adults. On the first day pre test was done by using structured knowledge questionnaire. Then self instructional module was given to the group and post test was done after 2 days by using the same questionnaire.

Result :

In the present study, the mean value for knowledge scores in the pretest and post test was 9.85 and 14.25 respectively. Since the computed t value (4.59) was greater than the table value (2.0), at 0.05 level of significance; the self instructional module was found to be effective. The calculated chi square value for all variables is greater than the table value. Thus it can be concluded that demographic variables had significant association with knowledge of young adults.

Conclusion

The present study aimed to assess the effectiveness of self instructional module on knowledge regarding dietary management of hyperlipidemia among younger adults in selected area, Kollam. Further studies may be carried out with different groups to generalize the findings of the present study.

Submission Guidelines

- The editorial board invites contributions from all the PG, M.phil, and Ph.D scholars in nursing.
- Articles should be prepared on MS Word in Times New Roman font style, font size (Heading 14 and content 12) with 1.5 line spacing on standard paper size.
- All contributions submitted will be subjected to peer review.
- The content should include: Heading, Authors name and designation in Vancouver's Style of referencing, title of the problem, objectives, materials and methods, result and conclusion. If published specify in Vancouver's style of referencing.
- Articles may be sent to bbconnursingenquete@gmail.com

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