



RESEARCH ARTICLE

STUDY TO ASSESS THE LEVEL OF RISK FOR HYPERTENSION AMONG SCHOOL TEACHERS AND FIND THE EFFECTIVENESS OF SELF-INSTRUCTIONAL MODULE ON KNOWLEDGE REGARDING HYPERTENSION AMONG SCHOOL TEACHERS IN SELECTED SCHOOLS AT INDIRANAGAR, LUCKNOW

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Abstract

Hypertension is the commonest disorder of cardiovascular system, posing a major public health challenge to the population in socio-economic and epidemiological transition. It is one of the major risk factors for cardiovascular mortality. Self-instruction module is an effective teaching strategy for giving information to school teachers. In the study Descriptive and evaluative approach and pre-experimental one group pre-test and post-test design is used. In the present study 100 teachers were selected as sample from 25 schools with the help of non-probability convenient sampling technique. Pilot study was conducted on 10 school teachers for level of risk assessment and from them six school teachers are selected for assessing level of knowledge for hypertension. In the result 31 (51.7%) sample had inadequate knowledge on hypertension in pre-test and about 29 (48.3%) sample had moderately adequate knowledge but in the post-test, it was observed that all 60 (100%) sample were had adequate knowledge, on hypertension. The difference between the mean post-test and the mean pre-test knowledge score was found to be statistically significant ($t_{59} = 49.99$) at 0.05 level of significance. The table value 1.67 for 0.05 level of significance, shows that the self-instruction module on knowledge regarding hypertension was effective in increasing the level of knowledge regarding hypertension among school teachers. So, the study was concluded as the knowledge of hypertension can assist them from level of risk for hypertension and they can practice in their daily living.

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Introduction:-

Background and Objectives of the study

Hypertension is the commonest disorder of cardiovascular system, posing a major public health challenge to the population in socio-economic and epidemiological transition. It is one of the major risk factors for cardiovascular mortality.

1-Teachers comprise a large and growing segment of the workforce in many countries. In fact, teaching is an occupation that is often characterized by a high degree of stress, absenteeism, and burnout. There are many sources of teacher risks and stress which may raise the normal blood pressure.

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2- Educating the school teachers helps them to control their blood pressure and prevent them to some extent. Self-instruction module is an effective teaching strategy for giving information to school teachers. This study was conducted to find out level of risk for hypertension and the effectiveness of self-instructional module on hypertension among school teachers.

The objectives of the study:

1. To assess the level of risk for hypertension among school teachers in selected schools, Indira Nagar, Lucknow
2. To determine the level of knowledge regarding hypertension among school teachers in selected schools, Indira Nagar, Lucknow.
3. To evaluate the effectiveness of SIM on knowledge regarding hypertension among school teachers, Indira Nagar, Lucknow.
4. To find out the association of pretest knowledge score regarding hypertension with the selected demographic variables of the school teachers, Indira Nagar, Lucknow.

Hypothesis

The following hypotheses are tested at 0.05 level of significance:

1. H_1 : There will be a significant difference between the pre and post-test level of knowledge scores regarding hypertension among school teachers.
2. H_2 : There will be a significant association between the pre-test knowledge scores among school teachers with their selected demographic variables.

Methodology:-

1- Research approach: Research approach indicates the procedure for conducting the study. Descriptive and evaluative approach was used in the study.

Evaluative approach:

2- Research design: Research design is an investigator's overall plan for obtaining answers to the research question or for testing the research hypothesis. Pre experimental one group pre-test and post-test.

3- Setting of the study: The setting of the study for both assessing the level of risk for hypertension and evaluate the effectiveness of SIM on knowledge regarding hypertension was twenty-five selected schools at Indira Nagar.

4- Population: In the present study the sample population consists of among school teachers.

5- Sample size: In the present study the sample consists of 100 teachers in 25 schools.

6- Sampling Techniques: In this study Non probability convenient sampling techniques was adopted for selecting sample.

7- Criteria

Inclusion Criteria

1. Both male and female teachers.
2. School teachers those who are working in these selected schools, Indira Nagar.
3. Those who are available during the data collection time.
4. Those who have more than five years' experience.

Exclusion Criteria

1. Those who are not willing to participate.
2. Those who are unavailable during the study time due to exam duties, classes, meetings and because of minor physical illness.
3. Those who have been recently sensitized with such educational programme since 3 months.

8- Description of the tool:

The tool was organized into two parts:

1. **Section A:** Demographic Data
2. **Section B:** structured questionnaire

Pilot Study

A pilot study is a small preliminary investigation of the same general character as a major study which is designed to acquaint the researchers with problems that can be corrected in preparation of larger research project.

The studies were conducted on 10 school teachers for level of risk assessment and from them six school teachers are selected for assessing level of knowledge for hypertension after obtaining the permission from the concerned authority. It was conducted in similar way as the final data collection. The purpose of the study was explained to them and informed consent was obtained. Confidentially teachers were assured to all the subjects, assessment of the level of risk for hypertension was done by using structured risk assessment tool for 10 school teachers who were selected using non probability convenient sampling technique and the pre-test was conducted on knowledge regarding hypertension among six school teachers using disproportionate simple random sampling technique and after which the SIM on knowledge regarding hypertension was administered. The school teachers took 30 minutes to complete the structured knowledge questionnaire on hypertension. The post-test was conducted on 8th day after the pre-test using the same structured knowledge questionnaire on hypertension.

Result:-

Presentation of the Data: The data collected from the school teachers are organized, analysed and presented under the following headings.

Section I- Frequency and percentage distribution of demographic characteristics among school teachers.

Section II- Level of risk for hypertension among school teachers in selected schools at Indira Nagar, Lucknow.

Section III- Pre-test level of knowledge scores regarding hypertension among school teachers.

Section IV- Effectiveness of self-instructional module on knowledge regarding hypertension in terms of gain in knowledge score.

Section V- Association of pre-test knowledge score among school teachers with their selected socio demographic variables.

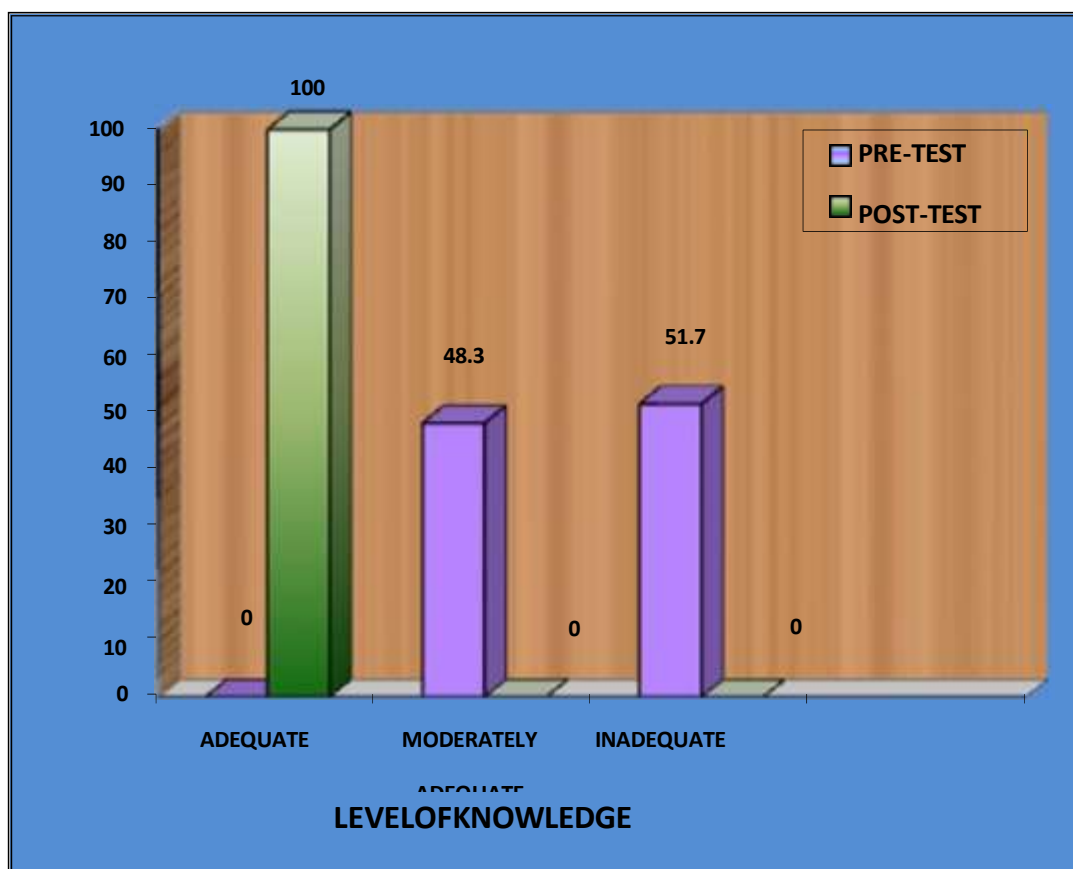


Table 1:- Bardigram showing the distribution of school teachers according to the grade in knowledge scores.

The data presented in Table 1 and Figure 1 depicts that in the pre-test most of the subjects 31(51.7%) had inadequate knowledge on hypertension and about 29(48.3%) had moderately adequate knowledge. In the post-test it was observed that all 60(100%) of the school teachers had adequate knowledge, on hypertension. This indicating a considerable gain in knowledge scores after administering self-instruction module.

Table 2:- Range, mean, median, standard deviation and t value of pre-test and posttest knowledge scores of school teachers. (N = 60).

Sl. no	Period of observation	Range	Mean	Median	S. D	Mean % Score	't' value
1	Pre-test	9-19	12.6	12	2.5	35	49.9*
2	post-test	29-35	32.83	33	1.7	91.2	

*Significance

Data in the table 2 represents higher mean (32.83) in the post test knowledge score with range 29-35, standard deviation 1.7, mean percentage score (91.2%) and in the pretest knowledge score the mean is (12.6) with the range 9-19, standard deviation 2.5 and the mean percentage score (35%).

Conclusion:-

Teachers comprise a large and growing segment of the workforce in many countries. In fact, teaching is an occupation that is often characterized by a high degree of stress, absenteeism, and burnout. There are many sources of teacher stress which may raise the normal blood pressure. Stress which includes administrative and curriculum concerns, career advancement, student motivation, work overload due to large class size, intensive verbal communication, and prolonged standing. Stress may also arise from dealing with children's misbehaviors in addition to physical or environmental hazards. So, the knowledge of hypertension can assist them from level of risk for hypertension and they can practice in their daily living.

Based on the findings of the study the following conclusions have been drawn:

1. All of the school teachers were at moderate level of risk for hypertension 100(100%).
2. About 31(51.7%) of the school teachers had inadequate level of knowledge for hypertension, whereas 29(48.3%) had moderate level of knowledge for hypertension in the pretest; whereas the posttest all the school teachers 60(100%) attained adequate level of knowledge regarding hypertension.
3. The mean post-test knowledge score (32.83) is significantly higher than the mean pre-test knowledge score (12.60) among school teachers after administering self-instruction module on knowledge regarding hypertension.
4. The calculated 't' value is 49.99 is greater than the tabled value for 0.05, 0.01 and 0.001 level of significance are 1.67, 2.39 and 3.23 respectively with Df 59.
5. It is also found that the gain in knowledge scores maximum (97.5%) in the area about heart and its function and whereas minimum (88.75%) in the area of types of hypertension during the post-test.
6. So, it shows that self-instruction module is one of the effective methods of teaching aid to enhance the level of knowledge for hypertension among school teachers and found that there is no association with the pre-test knowledge scores and selected demographic variables.

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