RESEARCH ARTICLE

A STUDY TO EVALUATE THE EFFECTIVENESS OF THE STRUCTURED TEACHING PROGRAM ON HEALTH PROMOTION STRATEGIES REGARDING SELECTED AGE-RELATED PROBLEM AMONG THE CAREGIVERS OF THE ELDERLY IN SELECTED AREA OF THE DEHRADUN, UTTARAKHAND

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Manuscript Info

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Abstract

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As a huge portion of our population is taken over by geriatrics i.e., they will be a key factor in the coming age-quake', when the elderly will comprise a large a share of the population, their care becomes an important aspect. Every 15 seconds, an older adult is admitted to the emergency room for a fall. A senior die from falling every 29 minutes, making it the lead cause of injury among the elderly. In addition to this there are few more problems older adults are more prone of which like memory loss, depression/loneliness, cataract and malnutrition. Quantitative research approach and pre-experimental one group pre-test and post-test design will be used to evaluate the effectiveness of structured teaching program on health promotion strategies regarding selected age-related problems among the caregiver of elderly in selected area Dehradun, Uttarakhand. The sample of 60 caregiver of elderly will be taken by using non-probability purposive sampling technique.

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Introduction:-
A study to evaluate the effectiveness of structured teaching program on health promotion startegies regarding selected age related problems among the caregivers of the elderly.

Objectives:-
1. To assess the pre-test knowledge regarding health promotion strategies among caregivers of elderly.
2. To evaluate the effectiveness of the post-test knowledge regarding age knowledge regarding age related problems and health promotion strategies among care giver of elderly after the implementation of the structured teaching program.
3. To compare the pre-test and post-test knowledge regarding age related problems and health promotion strategies among caregiver of elderly and show the association with the sociodemographic variables.

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Methodology:-

The nature of the study was pre-experimental one group pre-test and post-test. The conceptual frame work used for this study system theory model. Structured knowledge questionnaire was used to assess the knowledge regarding age related problems and health

Promotion strategies among caregiver of elderly. The collected data was analyzed and interpreted by using descriptive and inferential statistics. The result was compiled and tabulated.

Major findings of the study were

Highest 41.7% were the age group 31-40. With respect to gender, majority were females. Based on the qualification, majority of subjects were graduate with 51.7%. With regards to occupation 31.7% were unemployed. The majority of subject 50% are Hindu in religion. The majority of subjects are married 68.3%. Based on the family income highest 45.0% is between 20001-30000 per month. With respect to experience in taking care of the elderly the highest 41.7% .and a maximum 80% of the subjects have gone through training program. With regard to having previous source of the knowledge 11.7% have got the training via mass media. The majority of the subjects were daughter with 40.0% in the relation with the elderly. The reliability score was r= 0.75 for the tools and tools found to b reliable. Findings shows that pre-test level of the knowledge were 80% below average 20% were average knowledge, 0% were good knowledge, mean 12.10 and SD 2.904. Finding shows that the post-test level of knowledge was 81.7% good knowledge and 18.3% were having average knowledge, 0% below average knowledge, mean 25.03 and SD 3.459. The findings showed that there is increase in the level of knowledge in post-test from pre-test. the paired-t test value to compare with the pre-test and post-test level of knowledge of the caregivers of the elderly, it was found that overall —t value was 20.182 at 59 degree of freedom. the findings also shows that the individually calculation of the part 1 that is the knowledge regarding selected age-related problems pre-test and post-test mean 5.97 and 12.42 respectively, SD 1.83 and 2.472 and —t value 16.062 found to be significant, the individual calculation of the part 2 that is the knowledge regarding the health promotion strategies pre-test and post-test mean 6.13 and 12.62 respectively, SD 2.21 and 1.814 and —t value 17.098 found to be significant at 0.05. The association between the pre-test level of knowledge with sociodemographic variables, while analyzing the statistical not significant at 0.05 level it shows that there was no significance association between the pre-test knowledge of the subjects and the sociodemographic data. Hence, the research hypothesis (H1) was accepted and null hypothesis rejected and the research hypothesis (H2) was rejected and null hypothesis is accepted.

Conclusion:-

On the basis of the study findings the investigator concluded that the effectiveness of the structured teaching program on the health promotion strategies regarding selected age-related problems among the caregivers of the elderly was effective and the knowledge has shown a marked difference after the implementation of the STP. Therefore, the investigator felt that the importance of the structured teaching program in enhancing the knowledge.