



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor: 8.4
IJAR 2022; 8(6): 322-323
www.allresearchjournal.com
Received: 19-02-2022
Accepted: 08-04-2022

Kanika

Assistant Professor, Shaheed
Kartar Singh Sarabha College
of Nursing, Sarabha,
Ludhiana, Punjab, India

Jyotika Sharma

Nursing Tutor, Shaheed
Kartar Singh Sarabha College
of Nursing, Sarabha,
Ludhiana, Punjab, India

Sukhpreet Kaur

Nursing Tutor, Shaheed
Kartar Singh Sarabha College
of Nursing, Sarabha,
Ludhiana, Punjab, India

Corresponding Author:

Kanika

Assistant Professor, Shaheed
Kartar Singh Sarabha College
of Nursing, Sarabha,
Ludhiana, Punjab, India

A study to assess and evaluate the effectiveness of planned teaching programme in terms of knowledge regarding geriatric care among care givers in selected rural area of Ludhiana, Punjab

Kanika, Jyotika Sharma and Sukhpreet Kaur

Abstract

Ageing is a universal phenomenon & old age is not in itself a disease, but is a normal part of the human life span. Aging can be defined as a progressive and generalized impairment of function resulting in the loss of adaptive response to stress and increased risk of age related diseases. Research approach was Quantitative Research with Pre experimental design (one group pre-test post-test). The study was conducted at village Pakhowal, Ludhiana. The data was collected from 60 care givers between the age group of 19-50 years selected by Purposive Sampling Technique. The results showed that Majority of care givers had average knowledge (86.66%) in Pre-Test and in the post test majority of care givers had Good knowledge (53.33%) which was found statistically significant at 0.05 level of significance which showed that there was significant difference in the mean pre-test and post-test knowledge score.

Keywords: Planned teaching program, knowledge, geriatric care, care givers

Introduction

Ageing is a universal phenomenon & old age is not in itself a disease, but is a normal part of the human life span. The word 'old age' is defined an aged person as one who is 60years and above. Indian people between 60-75 years are categorized as "young old" between 75-85 years as "old-old" and people above the age of 85 years are classified as "very old"^[1]. Aging can be defined as a progressive and generalized impairment of function resulting in the loss of adaptive response to stress and increased risk of age related diseases^[2]. A caregiver is someone who is actively engaged in providing care and needs to another, such as a chronically ill, disabled or aged family member. Often a caregiver finds themselves in this role with a lack of training, support, or compensation^[3].

Need

In India, the elderly suffer from dual burden of communicable and non-communicable diseases besides impairment of special sensory functions like vision and hearing and other degenerative diseases. Poor geographical access and high cost of treatment also lead to poor utilization of health care especially among the elderly. The elderly are also prone to abuse in their families or in institutional settings^[4]. Main challenge is not only to improve healthcare delivery to the elderly but also to make their quality of life better^[5].

Objectives

1. To assess and evaluate the knowledge regarding geriatric care among care givers before and after administration of planned teaching programme.
2. To find association with pre-test and post-test knowledge regarding geriatric care with selected demographic variables.

Hypothesis

H₁-There will be significant difference in the mean knowledge score of care givers regarding geriatric care before and after administration of planned teaching program at 0.05 level of significance

Methodology

Research approach was Quantitative Research with Pre experimental design (one group pre-test post-test). The study was conducted at village Pakhowal, Ludhiana. The

data was collected from 60 care givers between the age group of 19-50 years selected by Purposive Sampling Technique.

Data Collection Tool and Technique

Tool	Technique
Structured Performa for demographic variables to collect thebase linedata	Paper pencil technique
Structured knowledge questionnaire to assess the knowledge	Paper pencil technique

Data collection procedure

Group	Day 1	Day 7
Care givers. (60).	Pre-test and treatment <ul style="list-style-type: none"> Assessment of knowledge Administration of planned teaching program 	Post test Assessment of knowledge

Results

As regards to demographic variables majority of care givers (36%) were in age group of 43-50, in religion (76.66%)

were Sikh, (75%) were unmarried, (61.66%) were in the joint family, In the majority of care givers (41.66%,) were having 5 - 8family members.

Table 1: Frequency distribution of care givers in terms of knowledge before and after administration of planned teaching program
N=60

Level of knowledge	Percentage	Range of score	Pre-test (f)	Post-test(f)
Average	<50%	0-15	52	22
Good	50-75%	16-24	08	32
Excellent	>75%	25-32	00	06

Maximum Score:30

Minimum Score: 00

Table 2: Mean, Standard Deviation, Standard error of mean Difference of pre-test to post-test knowledge Scores and t_ value
N=60

Level of knowledge	Mean	SD	SEMD	't' value	df	'p' value
Pre-test	10.81	3.87	0.569	8.885	59	0.000*
Post- test	18.00	4.74				

So the research hypothesis H₁ was accepted. Thus, it can be inferred that planned teaching program was effective in enhancing the knowledge of care givers.

Association between Pre-test and Post-test knowledge score regarding geriatric care among care givers with their selected demographic variables

ANOVA and t test value of care givers regarding geriatric care with occupation (0.006) was found to have significant association with Pre -test knowledge score among care givers at 0.05 level of significance.

ANOVA and t test value of care givers regarding geriatric care with age (0.003), type of family (0.042) and nature of occupation (0.000) was found to have significant association with Post-test knowledge score among care givers at 0.05 level of significance.

Limitation

The study was limited only to the care givers in selected rural area of Ludhiana, Punjab.

Conclusion

There was significant improvement in the post test knowledge score of care givers regarding geriatric care after the administration of planned teaching program.

References

- Gundurao C, Chetan SP, Suvarna SP. A Study to Evaluate the Effectiveness of Planned Teaching Programme Regarding Knowledge on Care of Old Age Health Problems Among Family Members of Simikeri

Village (Tal &Dist) Bagalkot. JOJ Nurse Health Care, 2018. Available from:

DOI: 10.19080/JOJNHC.2018.08.555739.

- William C, Sheil JR. Definition of geriatric medicine. Medicine net, 2018. Available from:<https://www.medicinenet.com>.
- U.S. National Library of Medicine. Care givers role in geriatric care. Department of Health and Human Services; 14 January 2020. Available from:<https://www.ncbi.nlm.gov/pubmed>.
- Prasad Tripathy J. Geriatric care in India: A long way to go. Journal of Midlife Health. 2014;5(4):205-206.
- Kurotani K, Akter S, Kashino I. Quality of diet and mortality among Japanese Men and women: Japan Public Health Centre based prospective study. BMJ, 2016.