**Effectiveness of structured teaching programme on awareness of cataract among the elderly people at selected village villupuram.**

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**ABSTRACT**

**Aim:** to evaluate the effectiveness of structured teaching programme on awareness of cataract among elderly at selected village, Villupuram. **Objectives:** (i) to assess the pretest and Post test level of knowledge regarding cataract among elderly people. (ii) to evaluate the effectiveness of structured teaching programme on awareness of cataract among elderly people. (iii) to determine the associate the post test level of awareness of cataract among elderly with their selected demographic variables. **Methods & Materials:** Quantitative Research approach and Pre experimental one group pre test and post test research design adopted for the study. 50 elderly were selected by using Non probability Convenient sampling technique at Radhapuram Village. Pre test knowledge was assessed by using investigator prepared structured knowledge questionnaire. After the pre test structured teaching programme was given to the samples. The reinforcement was given for all the selected elderly people for subsequent 6 days continuously. The post test was conducted on seventh day with same knowledge questionnaire. **Result:** The mean score on level of knowledge regarding cataract among elderly people was 7.94 in pretest and 15.8 in posttest. The estimated “t” value was 15.77which was significant. The mean difference is 7.86 this shows that structured teaching programme on knowledge regarding cataract is effective. **Conclusion:** Based on the findings mean posttest knowledge score was higher than the pretest knowledge score regarding cataract. This result indicates structured teaching programme on awareness of cataract was effective in improving knowledge among elderly people knowledge.

**Key Words:** Cataract, Elderly

1. **INTRODUCTION**

The United nations general assembly declared 2021-2030 the decade of healthy aging and asked WHO to lead the implementation. The decade of health aging is a global collaboration bringing together governments , civil society, international agencies professional , academic, the media and the private sector for 10 years of concerted, catalytic and collaboration action to faster longer and healthy lives.Diabetes, high blood pressure the use of drugs such as corticosteroids is also a well established risk factor for cataract. Cataract is classified into nuclear cortical and posterior sub capsular types based on its clinical appearance, all of which lead to opacification of the lens and subsequent decrease in vision. Cataract is leading causes of visual impairment world wide, with an estimation of over 13 million persons suffering from blindness due to this disease.

A large blind people in a country denote poor socio economic development and inefficient eye care service in the country. This is because about 80-90%of blindness is either unable or preventable. To visual outcomes after cataract surgery were poor among females, rural residents and those who underwent surgery at an older age (more than 70 years). In 1983,the national health problem and set a target to reduce the blindness was an important public health problem and set target to reduce the blindness prevelence rate from 1.4%-0.3% . The government of india has now laid down a target fir reduction in the prevalence of blindness to 0.8% by the end of the tenth five year plan and to 0.5% by 2010. Till few years ago, National program for control blindness (NPCD) was a cataract control prgoramme. However currently it is funding for management of diabetic retinopathy,glacucoma,ocular trauma, childhood blindness, keratoplasty,squint, low vision retinopathy of prematurityin adittion to on going schemes through successful public private partnership

1. **STATEMENT OF THE PROBLEM**

A Study to evaluate the effectiveness of structured teaching programme on awareness of cataract among the elderly people at selected village villupuram.

1. **OBJECTIVES**

* To assess the pre-test & post test level of awareness of cataracts among elderly people.
* To evaluate the effectiveness of structured teaching programme on awareness of cataracts among the elderly people.
* To associate the post-test level of awareness of cataracts among elderly with their selected demographic variable.

1. **HYPOTHESIS**

H1 – There is significant difference between pre-test and post-test level of awareness of cataract among elderly.

H2 – There is significant association between post test level of awareness of cataract among elderly with their selected demographic variables

1. **RESEARCH METHODOLOGY**

Quantitative Research approach and Pre experimental one group pre test and post test research design adopted for the study.50 elderly were selected by using Non probability Convenient sampling technique. Pre test knowledge was assessed by using investigator prepared structured knowledge questionnaire. After the pre test structured teaching programme was given to the samples. The reinforcement was given for all the selected elderly people for subsequent 6 days continuously. The post test was conducted on seventh day with same knowledge questionnaire.

1. **RESULT AND DISCUSSION**

**Table 1:** Distribution of pre and post test level of knowledge regarding cataract among elderly people**. N=50**

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| --- | --- | --- | --- | --- |
| **Level of knowledge** | **Pre test** | | **Post test** | |
| **Frequency** | **Percentage** | **Frequency** | **Percentage** |
| **Adequate knowledge** | 0 | 0% | 27 | 54% |
| **Moderate knowledge** | 21 | 42% | 21 | 42% |
| **Inadequate knowledge** | 29 | 58% | 2 | 4% |

**Table 1** Shows that in pre test 29(58%) of them had adequate knowledge ,21(42%) of them had moderate knowledge and none of them in adequate knowledge. In post test 2(4%) of them had inadequate knowledge,21(42%) of them had moderate knowledge and 27(54%) of them had adequate knowledge.

**Table 2:** Effectiveness of structured teaching programme on awareness of cataract among the elderly people. N=50

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| --- | --- | --- | --- | --- | --- |
| **Pre test** | | **Post test** | | **Mean difference** | **Paired ‘t’ value** |
| **Mean** | **SD** | **Mean** | **SD** |
| 7.94 | 2.23 | 15.8 | 3.61 | 7.86 | 15.77 |

**Table 2** shows that the pretest knowledge mean score was 7.94 with standard deviation score was 2.23 . Post test knowledge mean score was 15.8 with standard deviation score was 3.61. mean difference is 7.86 and the ‘t’ value is 15.77. It is significant at the level of P < 0.05. Hence it indicates the knowledge level was improved after the structure teaching programme among elderly people.

**Table 3:** Associate the post test level of awareness of cataract among elderly with their demographic variables  **N=50**

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| --- | --- | --- |
| **Demographic values** | **Chi square** | **P value** |
| **Age** | 4.85  DF=4 | 0.811  NS |
| **Gender** | 4.14  DF=2 | 0.95  NS |
| **Educational Qualification** | 0.731  DF=6 | 0.707  NS |
| **Marital status** | 7.148  DF=2 | 0.95  NS |
| **Type of family** | 3.18  DF=4 | 0.811  NS |
| **Family Monthly income** | 70.416  DF=6 | 0.707  NS |
| **Dietary pattern** | 1.77  DF=2 | 0.95  NS |
| **Religion** | 0.814  DF=6 | 0.707  NS |
| **Habits** | 0.567  DF=6 | 0.707  NS |
| **Medical illness** | 7.692  DF=8 | 0.632  NS |
| **Had any previous eye problems** | 1.507  DF=4 | 0.811  NS |

**\*significant at P<0.05**

**Table 3** Shows there is no significant association between post test level of knowledge regarding cataract among elderly people with their demographic variables.

1. **DISCUSSION**

**The first objective of the study “ to assess the pretest and posttest level of awareness of cataracts among elderly people”.**

in pre test 29(58%) of them had adequate knowledge ,21(42%) of them had moderate knowledge and none of them in adequate knowledge. In post test 2(4%) of them had inadequate knowledge,21(42%) of them had moderate knowledge and 27(54%) of them had adequate knowledge.

The second objective of the study **“to evaluate to effectiveness of structured teaching program on awareness of cataract among elderly people”.**

pretest knowledge mean score was 7.94 with standard deviation score was 2.23 . Post test knowledge mean score was 15.8 with standard deviation score was 3.61. mean difference is 7.86 and the ‘t’ value is 15.77. It is significant at the level of P < 0.05. The analysis revealed that there was significant difference in the level of knowledge who received structured teaching programme. **Hence Hypothesis H1 was accepted**

The third objective of the study **“to associate the post test level of awareness of cataract among elderly with their selected demographic variables”.**

The analysis involved that there were no significant association the post test level of awareness of cataract among elderly with their selected demographic variables. **Hence H2 was rejected.**

# CONCLUSION

The study finding shows that, the levels of the knowledge improved after cataract awareness. Hence the studies conducted that awareness teaching method improves the knowledge levels of cataract awareness among elderly.

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