

# EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE OF INDUSTRIAL WORKERS REGARDING PREVENTION OF ACID PEPTIC DISEASES AMONG INDUSTRIAL WORKERS IN A SELECTED INDUSTRY AT HYDERABAD, T.S

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## ABSTRACT

An experimental study was undertaken to Assess the Effectiveness of structured teaching programme on prevention of Acid peptic disease among Industrial workers in a selected industry, Hyderabad, T.S. Anon-randomised controlled trial study was performed over in which 100 industrial workers were taken for the study. There was significant difference between pre test and post test knowledge scores by conducting before and after structured teaching programme.

**Key words:** Industrial workers, Acid peptic diseases.

## INTRODUCTION

According to W.H.O April estimated annual number of deaths due to acid peptic disease was, concerned 7,423 in 2011 ( Source: Philippines health profile). Higher incidence of the acid peptic disease cases were observed among people in between the age of 30-60 years. In the United States 1.6 million people acquire acid peptic disease yearly males and females are affected equally and incidence increases with age. A higher percentage of *Helicobacter pylori* infection occurs in people older than age 50 years. Approximately 1 in 73 or 1.36% or 3.7 million people in United states of America gets acid peptic disease in their lifetime<sup>4</sup>. Approximately 25 millions Indians are suffering from Acid peptic disease at some point in their life time<sup>4</sup>. Duodenal ulcers are 5 to 10 times more common than gastric ulcers. The incidence for duodenal ulcer is 30 to 60 years. The male and female ratio is 3:1. The incidence of gastric ulcer is usually 50 and over. It affect male and female in the ratio of 2:1. Each year there are 500,000 to 850,000 new cases of Acid peptic disease and more than 1 million ulcer related hospitalizations.

MOA probable Causative factors for acid peptic disease can Smoking, consuming alcohol in large amount, use of some drugs like Non steroidal anti-inflammatory drugs for a long duration, stress, long working hours in the area, irregular meals and improper personal hygiene.

## MATERIALS AND METHODS:

Non-Randomised controlled pre-test and post test design used for this study. Sample for the study were to select with purposive sampling and who are the age between 35 to 60 years industrial workers. The inclusion criteria were; who are Working in the industry, who are

willing to participate in the study and who are Available at the of data collection and ethical committee clearance was obtained from the industry. structured questionnaire is develop by the investigator to assess the knowledge of industrial workers before and after the structured teaching programme. The structured questionnaire was most appropriate for the study as the investigator believes that it is suitable for industrial workers for data collection. The questionnaire will be constructed with the help of related literature from various text books, journals and discussion with experts in the field of nursing. Questionnaire its divided into section-I: Deals with the questions related to Anatomy and Physiology of the gastro intestinal system. Section-II: Deals with the questions related to meaning, risk factors, causes, sings and symptoms and management and prevention of the acid peptic disease. And section III-Deals with the questions related to prevention of acid peptic disease. The structured teaching programme composed of to educate the industrial workers on avoid spicy food, consumption of alcohol, smoking and tobacco chewing habit, stress relieving techniques and habituate regular sleeping pattern with the help of the audio visual aids. Data collection was for a period of 6 days. i.e from 31/3/2015 to 5/4/2015. The purpose of the study was explained to the participants, assess the

knowledge of the industrial workers regarding prevention of acid peptic disease by structured questionnaire and administered structured teaching programme on prevention of acid peptic disease and administer post test.

The Score interpretation may given below the following criteria

Below average- <33.3%.

Average- 33.4% to 66.67%.

Above average- >66.67%.

Level of Knowledge		Pre Test	
Post Test		f	p
F	P		
Below	Aver		Below average
78	78	-	-Average
22	22	10	10
Above	Average		-
90	90		

The above shows that Mean value of pre test is 12.10 and for post test is 32.06. The value of standard deviation of pretest and post test are 2.124 and 3.145 respectively. The calculated 't' value at 99 df at 0.01 level of significance is 50.18. Since the calculated' value is more than the critical value (2.58) at 0.01 level, the null hypothesis is rejected. This shows that there is a significant difference in the knowledge scores of Pre test and post test among the Industrial workers. Hence it is concluded that Post test knowledge scores are higher than Pre test knowledge scores which shows that Structured Teaching programme is effective.

#### DISCUSSION

The study shows that structured teaching programme effective in prevention of acid peptic disease. There is significant difference in knowledge scores before and after structured teaching programme.

#### CONCLUSION:

The following conclusion were drawn on the basis of the findings of the study, after structured teaching programme on prevention of acid peptic disease there was significant difference in the pre test and post-test scores. There was increasing the knowledge in industrial workers. The post-test mean percentage 32.06 was greater than the pre-test mean percentage 12.10 of industrial workers. The obtained t value was 50.18, which is significant at 0.05 level. Hence the research hypothesis was accepted and there was significant difference in the pre-test and post-

test score in prevention of acid peptic disease among industrial workers.

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