

A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON PEPTIC ULCER AND ITS PREVENTION AMONG ADOLESCENT GIRLS AT DR. B.R AMBETHKAR GOVERNMENT HIGHER SECONDARY SCHOOL AT KIRUMAMPAKKAM, PUDUCHERRY .

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ABSTRACT

A quasi experimental study was conducted to assess the effectiveness of structured teaching programme on peptic ulcer and its prevention among adolescent girls at selected school, kirumampakkam, puducherry. A total of 50 subjects who fulfilled the inclusion criteria were selected by using convenient sampling technique at kirumampakkam,puducherry. Data were collected through demographic variables and tools, analyzed through descriptive and inferential statistics pre-test level of knowledge were assessed followed by structured teaching questionnaire to the experimental group. The post test level of knowledge was checked after 7days. The test accomplishes that the majority of 32(64%) students had inadequate knowledge, 10(20%) students had moderate knowledge, 8(16%) students had adequate knowledge on pre test. Where as the majority of 16(32%) students had inadequate knowledge, 10(20%) students had moderate knowledge, 24(48%) students had adequate knowledge on post test in experimental group. In comparison clearly depicts that the 't' value 1.81262 (p value < 0.001S) shows that in pretest, mean was 11.9 with SD 13.67293 and mean percentage was 23.80%. In posttest mean was 23.58 withSD 15.65325 and mean percentage was 47.16%. This result shows that posttest mean percentage was higher than the pretest. It confirmed that the level of knowledge on peptic ulcer is higher in posttest than pretest. The P value was $p < 0.001$.

Keywords :

Effectiveness, Structured teaching programme, Adolescent girls, Peptic ulcer.

BACKGROUND OF THE STUDY:

Peptic ulcer disease (PUD) is a break in the inner lining of the stomach first part of the small intestine or sometimes the lower esophagus. An ulcer in the stomach is known as a gastric ulcer while that in the first part of the intestines is known as a duodenal ulcer. The most common symptoms of a duodenal ulcer are waking at night with upper abdominal pain or upper abdominal pain that improves with eating. The pain is often described as a burning or dull ache.

- Barry Marshall and Robin Warren (2015)

NEED FOR THE STUDY:

Ulcer prevalence in the united states peaked in the 1950's declined until 1980 , and now appears to have stabilized. Up to 10 % of the population will be affected at some point in their lives . The incidence of duodenal ulcers has declined whereas the incidence of gastric ulcers has remained fairly stable , probably related to the study aging of the population and the high incidence of NSAID use in this population . The importance of the disease is reflected in the healthy people 2010 objective to reduce hospitalization caused by PUD in the united states from the baseline of 71 per 100,000 to a target of 46 per 100,000 population .

STATEMENT OF THE PROBLEM :

A Study to assess the effectiveness of structured teaching programme on peptic ulcer and its prevention among adolescent girls at Dr. B.R Ambethkar Government Higher Secondary School at kirumampakkam, puducherry .

OBJECTIVES :

- To assess the pretest level of knowledge on peptic ulcer among adolescent girls.
- To evaluate the effectiveness of structured teaching module on peptic ulcer and its prevention among adolescent girls.
- To compare the pretest and post test level of knowledge on peptic ulcer and its prevention among adolescent girls.
- To find out the association between post test level of knowledge with selected demographic variable.

MATERIALS AND METHODS:

Research Approach: Quantitative research approach.

Research Design: Quasi Experimental one group pretest posttest

Setting: Dr.B.RAmbethkar Higher Secondary School, Kirumampakkam.

Population: The population of the present study comprises of adolescents girls at Dr B.R Ambethkar Government Higher Secondary School ,kirumanpakkam .

Sample Size: The sample consists of 50 students who fulfills the inclusion criteria were selected.

Sample Technique: Convenient sampling technique.

Criteria For Sample Selection:

Inclusion Criteria:

- Students who were aged between 13-16 years .
- Willing to participate in this study .
- Able to write Tamil and English .
- Available on the day of data collection .

Exclusion Criteria:

- Students who were not willing to participate in this study .
- Studying in other than 9th standard .
- Absent on the day of data collection

DESCRIPTION OF THE TOOL:

The tool used for data collection was structured teaching questionnaire consists of two parts.

PART 1: DEMOGRAPHIC DATA:

It consists of Age, Gender, Religion, Educational status, Marital status, Residence, Diet, Income and Source of getting health information.

PART II: STRUCTURED QUESTIONNER ON KNOWLEDGE REGARDING PEPTIC ULCER AND ITS PREVENTION:

It consists of 40 items based on general information about peptic ulcer such as Definition , Causes, Signs and symptoms, Risk factors, Management, Prevention,and Complication.

SCORING:

Each correct question carries scores 1 mark and wrong answer scored 0.

Inadequate- 0-10

Moderate- 11-30

Adequate- 31-40

DATA COLLECTION PROCEDURE:

Pre test:

Pre test was conducted among adolescent girls those who are studying in Dr.B.R.Ambethkar Government Higher Secondary School, kirumampakkam, puducherry by using structured teaching questionnaire schedule to assess the knowledge regarding prevention of peptic ulcer.

Implementation:

Immediately after the pretest, structured teaching programme was implemented to the adolescent girls in Government Higher Secondary School, Puducherry. Time period was approximately 25-30 minutes.

Post test:

Evaluation was done by conducting post test after seven days of the implementation of the structured teaching programme. Post test was conducted by using the same structured questionnaire schedule.

RESULTS:

1) Findings related to pre test level of knowledge:

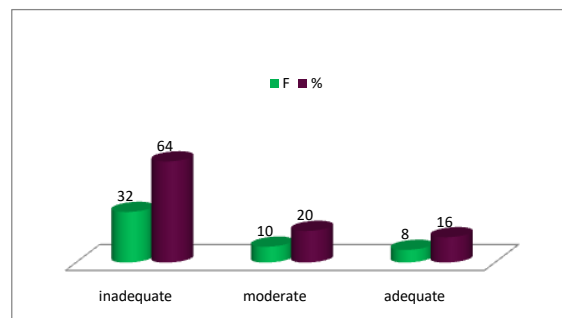


Fig. Accomplishes that 32(64%) of the girls had inadequate knowledge, 10(20%) had moderate knowledge and 8(16%) had adequate knowledge on pre test in experimental group.

2) Findings related to post test level of knowledge :

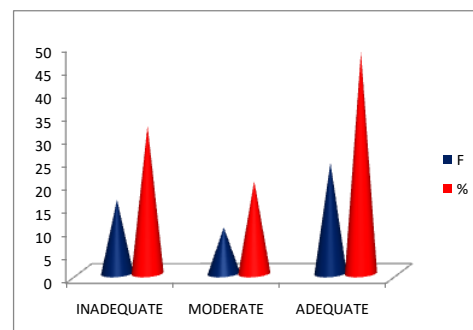


Fig. Shows that the majority of 24(48%) girls had adequate knowledge, 16(32%) had inadequate knowledge and 10(20%) had moderate knowledge on post test in experimental group.

3) Findings related to effectiveness of structured teaching programme :

In pretest, mean was 11.9 with SD 13.67293 and mean percentage was 23.80%. In posttest mean was 23.58 with SD 15.65325 and mean percentage 47.16%. This result shows that posttest mean percentage was higher than the pretest. It confirmed that the level of knowledge on peptic ulcer is higher in posttest than pretest. The p value was $p < 0.001$. The result shows that the effectiveness on structured teaching module on peptic ulcer among adolescent girls is increased in a significant level.

4) Findings related to comparison of pre test and post test level of knowledge:

The comparison of pre test and post test level of knowledge. It shows that more people had adequate knowledge of peptic ulcer in post test than in pre test. It shows that 24(48%) of girls had adequate knowledge of peptic ulcer in posttest than in pretest.

5) Findings related to association of pre test and post test level of knowledge with demographic variables :

The association between the posttest level of knowledge on peptic ulcer and demographic variables. The chi-square value shows that there was significant association between type of family and posttest level of knowledge on peptic ulcer among adolescent girls ($p < 0.05$). Rest of the variables associated with level of knowledge on peptic ulcer is ($p > 0.05$).

CONCLUSION:

The study concluded that teaching module, can improve the knowledge among peptic ulcer among school going adolescents. Present study were concludes knowledge of peptic ulcer was good. Majority of the students had inadequate knowledge in pre test and majority of them gained the adequate knowledge in posttest level. Thus it was inference with structured teaching programme was the effectiveness on peptic ulcer among school going adolescents. Bulk of the students believes that peptic ulcer should implement in school curriculum.

RECOMMENDATION:

- ❖ A study can be replicated with a large size for wider generalization of findings.
- ❖ The study can be conducted among the school going adolescents.
- ❖ A study could be one using a quasi-experimental design.
- ❖ Evaluate study can be done to assess the knowledge of sex education among adolescents.
- ❖ A descriptive study can be done among the school going adolescent.

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