

Effectiveness of Self Instructional Module on Knowledge Regarding Modifiable Risk Factors of Hypertension among the Adolescents in Selected School Chidambaram

Mrs. Arul Jothi V,¹ Dr. Devi C G²

¹Research Scholar MJRPU, Associate Professor in Hind Institute of Medical Sciences, Affiliated to CSJMU Atariya, UP, India

²Principa, Hind Institute of Medical Sciences, School and College of Nursing, Mau, Atariya, UP, India

***Corresponding Author:** Mrs. Arul Jothi V, Research Scholar MJRPU, Associate Professor in Hind Institute of Medical Sciences, Affiliated to CSJMU Atariya, UP, India

ABSTRACT

Hypertension is a common but serious condition. The present study attempted to assess the Effectiveness of self-instructional module on knowledge regarding modifiable risk factors of hypertension among the adolescents in selected school, Chidambaram

Objective: To assess and compare the knowledge before and after self instructional module regarding modifiable risk factors of hypertension among adolescents. 2) To find out the association between post test knowledge score regarding modifiable risk factors of hypertension with their selected demographic variables.

Material and Methods: A descriptive approach was adopted to assess the Effectiveness of self instructional module on Knowledge Regarding Modifiable Risk Factors of Hypertension among the adolescents in selected school, Chidambaram. One group pre test and post test research design was adopted. The sample consisted of 100 adolescents, who fulfilled the inclusion criteria. Non-Probability Convenience sampling technique was used to select the adolescents for the study. A Structured questionnaire and Self Instructional Module is used to gather information. The data gathering process was from after obtaining permission from the concerned authorities total 100 samples were selected as per criteria. Investigator assessed knowledge by using structured questionnaire before and after administration of Self instructional module. The data was analyzed in terms of the objectives of the study by descriptive and inferential statistics.

Findings and Results: There is significant improvement in the overall knowledge after self instructional module administration. ($t = 4.089$, $P < 0.00^{**}$). The calculated t value for knowledge about modifiable risk factors of hypertension among adolescents is found to be 4.089. As the calculated value of ' t ' at 99 degree of freedom is 1.984 which is greater than the table ' t ' value at 0.05 level of significance which indicates that Self instructional module proved to be effective in improving the knowledge of Adolescents on modifiable risk factors of Hypertension in RAHS school.

Conclusion: Findings revealed that the Self instructional Module proved to be effective in improving the knowledge on modifiable risk factors of Hypertension among the adolescents.

Keywords: Hypertension, Effectiveness, Self Instructional Module, knowledge

INTRODUCTION

Nowadays many diseases are emerging and causing lot of health problems among adolescents Hypertension among adolescents is growing rapidly and about one third of adolescents population is suffering from Hypertension. In order to prevent the occurrence of Hypertension, it is not only the medicines that is important but also exercise, knowledge about diet and life style modifications play an important role. If appropriate information is given to the adolescents at the correct time, occurrence of Hypertension can be reduced or prevented.

Stress and Anxiety has an adverse effect in the body system. One of which is the circulatory system i.e. the blood and the blood vessel but the individual continues to remain asymptomatic owing to the gradual onset and progressive damage occurring to the blood vessels, leading to elevated Arterial Blood Pressure i.e Hypertension. Hypertension may be confirmed in an individual if Blood Pressure reading taken on three different occasions with a sphygmomanometer exceeds $> 140/90$ mmhg.¹ At least 970 million people are affected by Hypertension Worldwide. It is predicted that by

2025, 1.56 billion individuals will have Hypertension. If the hypertension is left untreated, nearly half of the hypertensive patients will die of heart disease, a third will die of stroke and the remaining 10-15% will die of renal failure. Since student are more influential group in the family as well as in communities. It is important to equip them with adequate knowledge of hypertension so that they become the most effective media to spread awareness about this chronic disease and adopt healthy lifestyle. So this is very essential to assess the knowledge level of adolescents regarding hypertension in order to propose education programmes which can enhance the adolescent's knowledge on hypertension.⁴

The investigator observed that large numbers of hypertension patients were hospitalized because of uncontrolled blood pressure, nephropathy and Arteriosclerosis. Hypertension complications are preventable and long and healthy life is possible despite of hypertension. Education is the process of motivating self care so that they can look after themselves without being dependent on trained health professionals and thereby reducing the complications and burden on the family, community, society.

PROBLEM STATEMENT

Effectiveness of self instructional module on knowledge regarding modifiable risk factors of hypertension among the adolescents in selected school, Chidambaram

OBJECTIVES

- 1) To assess and compare the knowledge before and after self instructional module regarding modifiable risk factors of hypertension among adolescents.
- 2) To find out the association between post test knowledge score regarding modifiable risk factors of hypertension among the adolescents with their selected demographic variables.

HYPOTHESIS

H₀ There is no significant difference between the post test knowledge score on modifiable risk factors of hypertension with their selected demographic variables

Research Approach

The descriptive research approach was used in this study.

Research Design

One group pre test post test research design

VARIABLES

Independent Variables

Self instructional module

Dependent Variables

Knowledge of adolescents regarding modifiable risk factors of Hypertension.

Setting of the Study

The setting for the present study was RAHS school, chidambaram

Population

Comprises of the adolescents between 15-18yrs of age.

Sample Size and Technique

Sample size comprised of 100 adolescents (boys and girls) in RAHS School. Non-Probability Convenience sampling technique was used to select the sample.

TOOL PREPARATION

Section A- **Socio Demographic Data:** Structured questionnaire schedule to collect the baseline data, which consist of 11 items for socio demographic data such as Age, Sex, Education of adolescent, Religion, Income/ monthly of parents, Dietary habits and information about hypertension, family history of hypertension & choice of mental relaxation technique.

Section B- **Knowledge about Hypertension** Questionnaires for assessing the knowledge about hypertension; There are 30 items and each item has 3 options.

SCORES	CATEGORY	%
10 ≤	Inadequate knowledge	≤50%
10-20	Moderately Adequate knowledge	51 – 75%
20-30	Adequate knowledge	76 – 100%
Total Score = 30		

Validity

The tool submitted to 11 experts of nursing personnel. Modifications are done according to the experts suggestion and final tool was developed.

RELIABILITY

The reliability was calculated by using Spearman-Brown Prophecy formula that obtained 'r =0.85'.which showed that the tool was reliable. Thus tool was found to be valid, reliable and feasible for the purpose of study.

DATA COLLECTION PROCESS

Written permission was obtained from the concerned authority prior to the data

collection. 100 subjects were selected from school of RAHSS. The investigator collected the data from 100 subjects. Purpose of the study was explained to the respondents and informed consent was obtained. Pre test questionnaire was administered to the subjects and data were collected. On the same day Self Instructional Module was explained. Post test was administered on the 8th day by using the same questionnaire.

PLAN FOR DATA ANALYSIS

The data obtained from the 100 subjects would be analyzed using both the inferential and descriptive statistics on the basis of the objectives of the study.

RESULT AND DISCUSSION

First objective: To assess and compare the knowledge before and after self instructional module regarding modifiable risk factors of hypertension among adolescents.

Findings of Knowledge among the adolescents regarding modifiable risk factors of Hypertension in Pre-test mean knowledge score was 9.07 and in Post-test mean knowledge score was 10.92. Hence the knowledge was improved in post-test. To assess the significance of self instructional module on knowledge score of adolescents, Parametric “t test” was used. The calculated t value for knowledge regarding modifiable risk factors of hypertension among adolescents is found to be 4.089. As the calculated value of ‘t’ at 99 degree of freedom is 1.984 which is greater than the table ‘t’ value at 0.05 level of significance. The above data indicates that Self instructional module prove to be effective in improving the knowledge of Adolescents.

Second objective To find out the association between posttest knowledge score regarding modifiable risk factors of hypertension with their selected demographic variables

Findings depicted that there is significant association between post test knowledge score regarding modifiable risk factors of hypertension among the adolescents with their selected demographic variables such as age, sex and education.

RECOMMENDATIONS

- A comparative study may be conducted to find out the effectiveness of using different teaching strategies regarding the same topic.
- The study can be replicated with control group.

CONCLUSION

The findings of the study proves that teaching through Self Instructional Module was really effective to increase the knowledge of the adolescents.

ACKNOWLEDGEMENT

The authors wish to thank the members who directly and indirectly helped for supporting this project.

REFERENCES

- [1] Smeltzer Suzanne, text book of Medical Surgical Nursing, tenth edition, Lippincott, Williams & Wilkins.
- [2] Kearney PM et al, Global burdens of hypertension, Analysis of World Wide Lancet 2005:365
- [3] <http://www.Hypertension foundation.org>
- [4] American Heart Association, High Blood Pressure Statistics: march 2010
- [5] Soya K, self care activities of Pregnancy induced Hypertension and Maternal outcome,” The Nursing Journal of India, Vol:3(2) pp 58-60.
- [6] Reddy KS, Naik N, Prabhakaran D. Hypertension in the developing world: a consequence of progress. Curr Cardiol Rep 2006; 8: 399-404.
- [7] Turzanski Fortner et al., Modifiable risk factors for hypertensive disorders of pregnancy among Latina women DAI-B 70/06, p. , Dec 2009
- [8] Hypertension,” American Heart Association”, 2010; 56:584.)2010
- [9] Rosamond W, Flegal K, Friday G, et al. Heart disease and stroke statistics-2007 update: a report from the American Heart Association Statistics Committee and Stroke Statistic Subcommittee. Circulation 2007; 115: e69-171.
- [10] Xiaoli Chen and Youfa Wang. Tracking of blood pressure from childhood to adulthood: A systematic review and meta-regression analysis. Circulation: Journal of the American Heart Association, June 2008

Citation: Mrs. Arul Jothi V, Dr. Devi C G, Effectiveness of Self Instructional Module on Knowledge Regarding Modifiable Risk Factors of Hypertension among the Adolescents in Selected School Chidambaram. International Journal of Research Studies in Medical and Health Sciences. 2018; 3(3):26-28.

Copyright: © 2018 Mrs. Arul Jothi V, Dr. Devi C G. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.