EUROPEAN JOURNAL OF PHARMACEUTICAL AND MEDICAL RESEARCH
www.ejpmr.com

EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING HOUSEHOLD WASTE DISPOSAL METHOD AMONG HOUSEKEEPING STAFF AT KOLLAM, KERALA

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ABSTRACT

Pre experimental study was conducted to assess the effectiveness of structured teaching programme on knowledge regarding household waste disposal method among selected housekeeping staff at Kollam, kerala. The objective of study were to assess the knowledge regarding house hold waste disposal method among selected housekeeping staff to evaluate the effectiveness of structured teaching programme on knowledge regarding household waste disposal method among selected housekeeping staff and to find out the association between the pretest knowledge scores regarding the household waste disposal method among selected housekeeping staff and selected demographic variables. In the present study one group pretest posttest design was used. The sample technique used was convenient sampling. Structured knowledge questionnaire was used as a tool. Pretest was done followed by structured teaching programme. After 7 days post test was conducted using the same tool. The findings shows that there was a significant improvement in the post test knowledge score (16.2) after intervention. And there is a significant association between pretest knowledge score and selected demographic variables.

INTRODUCTION

Waste is a material that no longer serves a purpose and so is thrown away if not carefully discarded or dispatched of it will have an impact on the environment whether it will be unsightly litter or contamination of air, soil and water. The accumulation of waste poses a great environmental problem, which lead to severe health problems. Cities, towns, villages are littered with all type of organic waste which when decomposed forms a good substructure for all kinds of germs to grow, and spread disease such as diarrhoea, cholera, typhoid, dysentery, chickungunya, dengue fever etc.

Decomposition of organic waste which comes in contact with water and air in the main reason for the contamination of water and air and as well as most contagious disease spread through contaminated water and air. Various methods are adopted by government and private agencies to handle this waste safely. Most of them seem to solve the problem of improper waste disposal due to their interest limitation. Whether degradable and non-degradable waste is generated, it should be disposed of easily as safety without any cost. People should be educated in such method and technology before we can expect them to be responsible pattern in environmental sanitation and health.

A study conducted by WHO and WORLDBANK on environmental sanitation and health shows that every year an estimated 3 million people die prematurely from water related disease, 2 million die from an exposure to stove smoke in houses. Most of the death occurs due to lack of access to safe water and environmental sanitation and recommended that people need more awareness regarding environmental sanitation.

In the modern era most of people follow an improper method of waste disposal. Disease spread out due to improper waste management. So it is important to create awareness about proper waste management especially the household waste. In this situation we thought of conducting a study regarding this issue. Many studies are conducted in this area in many other settings. But in our educational setting there is no study carried out for housekeeping staff. So

The investigator felt the immense need to undertake the study in this area.

STATEMENT OF THE PROBLEM

A study to assess the effectiveness of structured teaching program on knowledge regarding household waste disposal method among selected housekeeping staff at Kollam, Kerala

OBJECTIVES
➢ To assess the knowledge regarding house hold waste disposal methods among selected housekeeping staff at Kollam district.
➢ To assess the effectiveness of structured teaching program on knowledge regarding household waste disposal method among selected housekeeping staff at Kollam district.
➢ To find out the association between pretest level of knowledge among the housekeeping staff with selected demographic variables.

HYPOTHESES
• H_1: There is significant difference in the level of knowledge among housekeeping staff regarding household waste disposal method before and after structured program.
• H_2: There is a significant association between pretest knowledge scores regarding household waste disposal method and selected demographic variables.

METHODOLOGY
Research Approach
Quantitative research approach.

Research Design
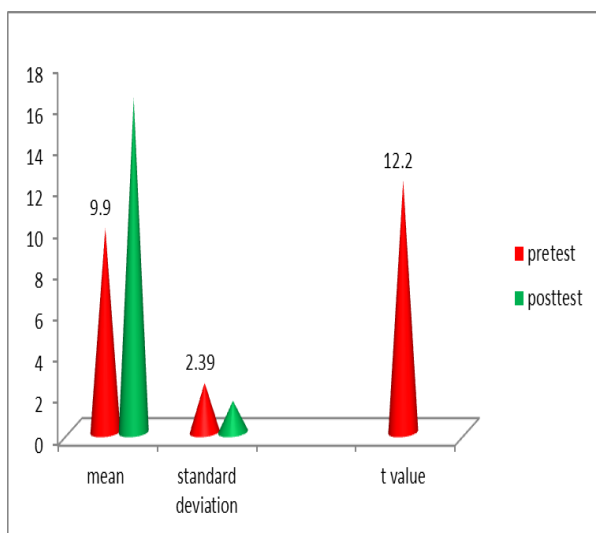Pre-experimental One group pretest posttest design.

Figure 1: Mean, Standard Deviation, T Value of Pretest and Posttest Knowledge Scores of Samples.

Table 1: Mean, Standard Deviation, T Value of Pretest and Posttest Knowledge Scores of Samples.

	Mean	Standard deviation	t value
Pretest	9.9	2.390	12.2
Posttest	16.2	1.514	

*t value [2] =2.05 *Significant at 0.05 level of significance

Research Setting
Holy cross hospital, kottiyam, Kollam.

Population
Housekeeping staff in Holy Cross hospital kottiyam, Kollam.

Sample
30 housekeeping staff.

Sampling Technique
Convenient sampling.

Data Collection Technique
Tool consist of 2 parts
1. Part 1: Demographic data contains demographic variables
It consists of age, gender, area of living, education, annual income and previous knowledge
2. Part 2: Questionnaire to assess knowledge of household waste disposal

General knowledge of households' waste disposal. The calculated paired t value is greater than the table value; hence research hypothesis H_1 was accepted. So there is a significant difference in pretest and posttest knowledge scores after intervention.

DATA ANALYSIS
Descriptive: Frequency and percentage distribution, mean difference and standard deviation
Inference: Paired t test, Chi-square test

RESULT
This study shows that in pretest majority (83.35%) belongs to average level of knowledge, and remaining (16.6%) are having poor level of knowledge. In posttest majority (90%) are having good level of knowledge and remaining (10%) have average level of knowledge.

DISCUSSION
The data collected and subjected to statistical analysis was interpreted using descriptive and inferential statistics. In the pretest majority (83.35%) belongs to average level of knowledge and remaining(16.6%) having poor level of knowledge, in posttest majority (90%) are having good level of knowledge and remaining (10%) have average level of knowledge. It was found that structured teaching program was effective in improving knowledge (t=12.2) The calculated paired t value is greater than the table value; hence research hypothesis H_1 was accepted. So there is a significant difference in pretest and posttest knowledge scores after intervention and there is association between pretest knowledge scores with selected demographic variables such as age, gender, area of living, education, annual income and previous knowledge, at 0.05 level of significant.

NURSING IMPLICATIONS
Nursing Education
• Nurse educators can prepare nursing students to educate on household waste disposal method

- Nurse educators can motivate nursing students to conduct the awareness program on improving knowledge and attitude towards household waste disposal methods in various settings

Nursing Administration
- Nurse administrator has added opportunities in providing continuing education program on housekeeping staff regarding household waste disposal method.
- Workshop should be planned for nurses, nurse administrators and housekeeping staff.

Nursing Research
- Nurse researcher can undertake similar studies in other settings.
- Disseminate the research findings through presentation and publishing will be added to the body of knowledge and helping in nursing practice.

Limitations of the study
- The study is limited to area of Kollam district
- The study is limited to 30 samples
- The study focus was only to assess the knowledge on waste disposal

Recommendations
- A study can be conducted to find out effectiveness of structured teaching program on knowledge and practice regarding household waste disposal methods among selected housekeeping staff at Kollam, Kerala
- A correlative study can be conducted to find out correlation between knowledge regarding household waste disposal method among housekeeping staff and their practice.
- A study can be done using true experimental research design.

CONCLUSION
The present study was aimed to evaluate the effectiveness of structured teaching program on knowledge regarding housekeeping waste disposal method among selected housekeeping staff at Kollam. The result of the study showed that the mean pretest scores of housekeeping staff is 9.9 and post test score of the group is 16.2, and calculated value (12.2) is greater than the table value to 0.05 level of significant. Hence H_1 is accepted so there is significant difference in post test knowledge score before and after intervention. This shows that the interventional programm is effective in improving knowledge of housekeeping staff regarding house hold waste disposal method.

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