

**EFFECT OF A PLANNED TEACHING ON KNOWLEDGE ATTITUDE AND PRACTICE
ON COTTAGE FARMING AMONG RURAL WOMEN IN A SELECTED VILLAGE AT
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ABSTRACT

A pre-experimental one group pre-test post-test study was done to assess an effect of a planned teaching on knowledge attitude and practice on cottage farming among rural women in a selected village at Kollam district. The objectives of the study were, assess the knowledge, attitude and practice of rural women (18-60) regarding cottage farming before and after the planned teaching, evaluate the effect of planned teaching on knowledge, attitude and practice among rural women regarding cottage farming by comparing the pre and post test, and find out the association between the knowledge, attitude and practice scores with selected demographic variables in pre test. The conceptual framework for the study was based on the concept of the Health Promotion Model of Nola J Pender (1982, revised, 1996). Non probability convenient sampling technique was used to select 30 rural women for the study. The tools used for data collection were, demographic data, knowledge questionnaire, Attitude in Likert scale and Observational Checklist. The results of the study showed that mean post-test knowledge score is 24.9, which is higher than mean pre-test knowledge score 11.2, the computed 't' value was 13.62. The mean post-test attitude 50.0 is higher than mean pre-test score 38.2, the computed 't' value was 8.96. The mean post-test practice score 10.0 is higher than mean pre-test score 4.1, the computed 't' value is 25.66, the p value is 0.000, for KAP which is less than 0.05 and which shows that there was significant difference between the pre and post-test mean knowledge, attitude and practice scores. The p value, 0.000 was less than 0.05. Thus the null hypothesis was rejected and research hypothesis was accepted. So there was significant difference between the knowledge, attitude and practice score of rural women on cottage after the planned teaching.

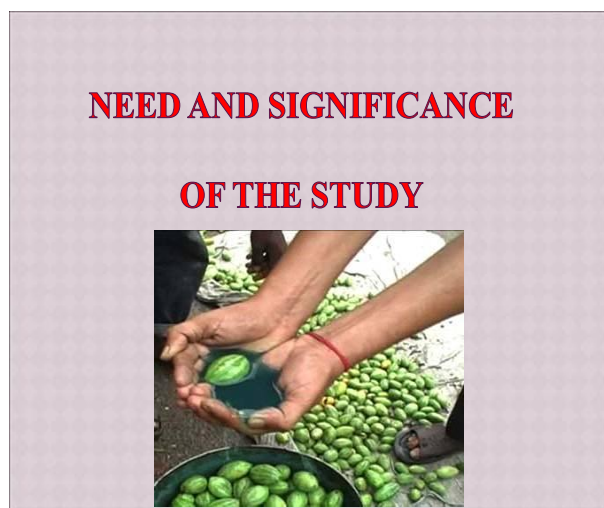
KEYWORDS: Cottage farming, KAP=Knowledge, attitude and practice and Rural women.**INTRODUCTION****Background of the study**

Health is a precious possession and an asset for individual, family, community and nation. Only healthy individuals and community can carry out daily living activities and life enriching goals. It is influenced by various factors, such as human biology, lifestyle, and environment. People need to adopt and modify the above

factors to sustain a state of equilibrium and thereby to promote, protect, regain and maintain their health.^[1] Good nutrition, which comes under lifestyle, is the core pillar of health and human development to their full potential.^[2]

Cottage farming means to grow vegetables on a small plot of land using homemade natural pesticide and manure; it adds so much spice to one's life. The importance of cottage farming is great and manifold. It is a feminine art and ensures an inexpensive, regular and handy supply of fresh vegetables which are basic to nutrition. The green leafy vegetables contain vitamins and minerals which protect us against diseases. Lack of vegetables and fruits particularly the green leafy vegetables lead to malnutrition which causes diseases like anemia, night-blindness and cancer.^[4] Cultivation of green leafy vegetables in the home premises will help rural women to develop and maintain their own health and that of their family by good nutrition and physical

activity, thus to reduce food borne and the lifestyle diseases as well.^[5]



Chemicals like calcium carbide / ethephon and oxytocin are reportedly being used in fruit and vegetable farms for artificial ripening of fruits and for increasing the size of fruits and vegetables respectively. Calcium carbide more commonly known as 'masala' is a carcinogenic agent and banned under PFA (prevention of food adulteration) Rules, 1955. Ministry of Agriculture has reported that some unscrupulous elements are following the practice of dipping green vegetables in artificial colours to give them a fresh, attractive and pleasant appearance which indeed cause many food borne diseases. PFA prohibits use of colours in fruits and vegetables.^[6]

Statement of The Problem

Effect of a planned teaching on knowledge attitude and practice on cottage farming among rural women in a selected village at Kollam district.

OBJECTIVES

1. Assess the knowledge, attitude and practice of rural women (18-60) regarding cottage farming before and after the planned teaching.
2. Evaluate the effect of planned teaching on knowledge, attitude and practice among rural women regarding cottage farming by comparing the pre and post test.
3. Find out the association between the knowledge, attitude and practice scores with selected demographic variables in pre test.

Hypotheses

Hypothesis will be tested at 0.05 levels of significances

H₁. There will be significant difference between knowledge, attitude and practice of rural women on cottage farming before and after the planned teaching.

H₂- There will be significant association between knowledge, attitude, and practice with selected demographic variables.

METHODOLOGY

Research Approach- used is Quantitative

Research Design- Pre- experimental one group pre-test post-test design.

Setting of the study

The study was conducted at Urukunnu under Holy Cross Community Development Programme

Sample

The study sample was 30 rural women who belonged to self help group.

Sampling Technique:

In this study non probability convenience sampling technique was used.

Data Collection Technique

Tool Consists of 4 parts:

Part I: Demographic data

The first part of the tool consists of 11 items for obtaining information about the selected background factors such as age, religion, education, occupation, marital status, type of family, income, presence of illness, presence of family illness, source of water and previous experience on cottage farming. The researcher distributed the tool to the subjects and asked them to put a tick mark against the column provided.

Part II: Knowledge Questionnaire

Questionnaire consists of 30 items. Total score is 30.

The knowledge level has been arbitrarily divided into three categories based on the scores in the structured questionnaire.

Poor knowledge	:	<50%
Average knowledge	:	> 51-75%
Good knowledge	:	> 75%

Part III: Attitude in Likert Scale

This part contains the attitude assessment of rural women on cottage farming. It contains 10 items in the form of statements. Score was done on 5 point Likert scale and has both positive and negative statements. Total score is 50.

The five statements were in the positive approach and the five in the negative approach.

Part IV: Observational Checklist

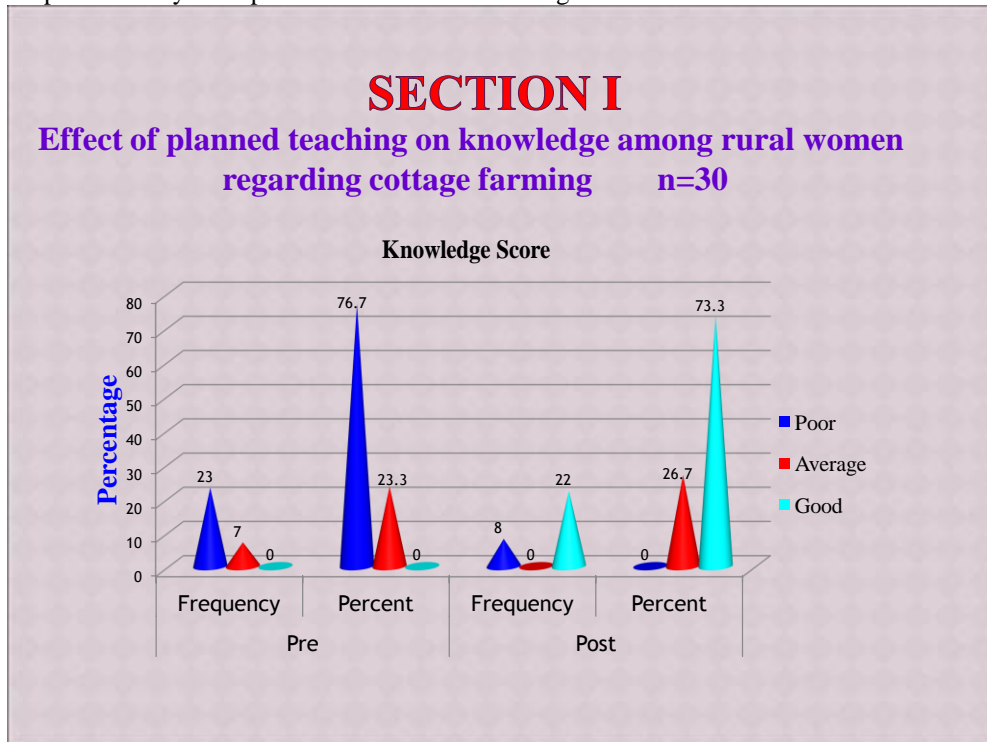
This part contains the observational checklist for assessing the practice of rural women on cottage farming. It contains 10 items each carrying one mark.

Data Analysis

Descriptive analysis was done by using frequency and percentage. Qualitative data were analyzed by using paired 't' test, to find out whether there is any significant difference between the scores of the pre-test and post-test signifying the effect of the structured teaching programme with regard to cottage farming.

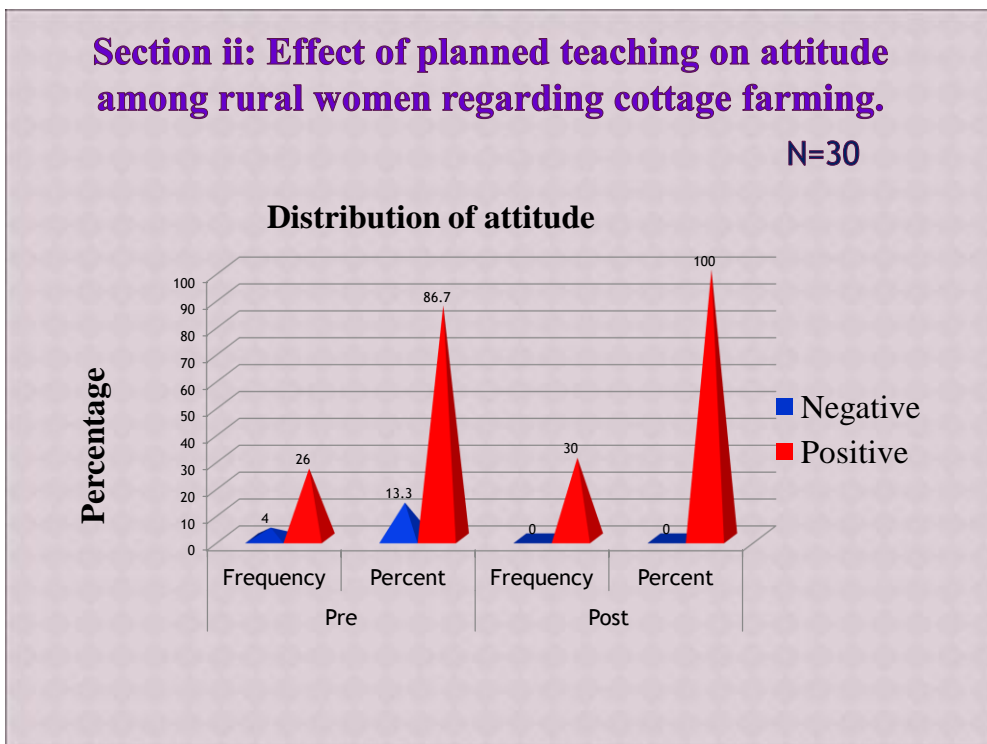
RESULT

The result of the present study were presented under the following sections:



➤ The study results reveal that 76.7% of rural women had poor knowledge on cottage farming in pre- test and 23.3% had average knowledge. In post test 73.3% of rural women had good knowledge and 26.7% had average knowledge. The results of the study showed that mean post-test knowledge score is 24.9, which is higher than mean pre-test knowledge score 11.2, the computed ' t ' value was 13.62. The p

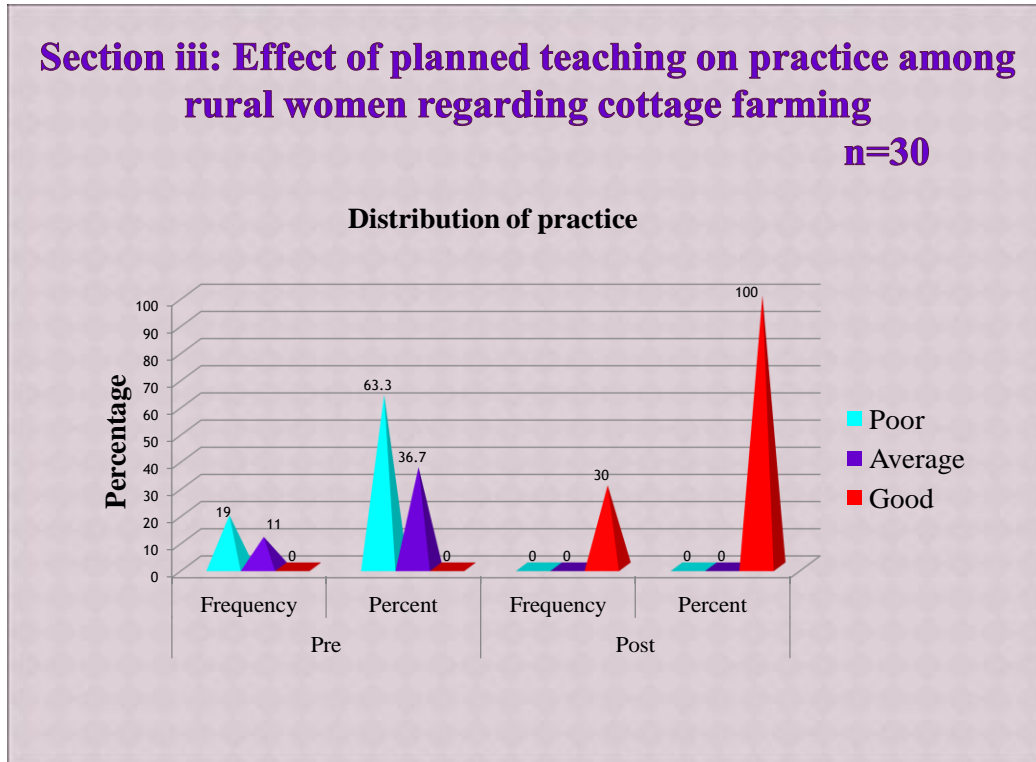
value, 0.000 was less than 0.05. Thus the null hypothesis was rejected and research hypothesis was accepted. So there was significant difference between the knowledge score of rural women on cottage farming between the pre and post test. This shows that the planned teaching was effective in improving the knowledge of rural women on cottage farming.



In pre-test 13.3% sample had negative attitude and 86.7% had positive attitude on cottage farming. In post-test 100% sample had positive attitude on cottage farming.

The mean post-test attitude 50.0 is higher than mean pre-test score 38.2, the computed 't' value was 8.96. The p value 0.000 was less than 0.05 which shows that there is

significant difference between the pre-test and post-test mean attitude scores. Thus the null hypothesis was rejected and research hypothesis was accepted. So there was significant difference between the attitude score of rural women on cottage farming between the pre and post test. This shows that a planned teaching was effective in changing the attitude of rural women on cottage farming.



It is evident from figure 10 that 63.3% subjects had poor practice on cottage farming and 36.7% had average practice before the planned teaching. After the planned teaching 100% subjects had good practice.

DISCUSSION

Assess knowledge, attitude and practice of rural women regarding cottage farming before the planned teaching

In pre-test 76.7% of rural women had poor knowledge and 23.3% had average knowledge. In post-test 73.3% had good knowledge and 26.7% had average knowledge. 13.3% sample had negative attitude and 86.7% had positive attitude in pre-test. In pre-test 63.3% subjects had poor practice on cottage farming and 36.7% had average practice before the planned teaching.

NURSING IMPLICATIONS

1. Implication for nursing education

- As this year 2014 is International year of family farming declared by FAO (Food and Agricultural Organization of the United Nations), it is good that nursing educators include cottage farming in curriculum, to give the students an awareness on this, so that students are able to spend at least 20

minutes daily for cultivating the vegetables in the backyard of their hostel, college, and home as well.

- The government of India, on environmental day June 5th 2014 encouraged the public to plant a tree and make an umbrella for mother earth to safeguard ecosystems and bio-diversity. The Nursing students also can involve themselves in celebrating this day and to participate in this programme.

Implications for nursing administration

Investment in the enhancement of agricultural productivity and engagement of youth, school children family farmers, urban and rural women are among the key priority areas identified by the FAO regional conference ASHIA this year.

- The nurse administrator along with her team can take the initiative in imparting information about the result of this study by individual and group teaching in the hospital as well as in urban and rural community settings.
- The administrators can include this study in the staff development and outreach programme.

Implication for nursing practice

Nursing practice deals with rendering comprehensive nursing care to the patients and the community. Community nurses have to motivate the members of the community specially the women and youth to cultivate vegetables in the homestead gardens, which enhances health promotion.

Implication for nursing research

Nursing research is an essential aspect of nursing as it uplifts the profession and has an important role in creating body of knowledge and using it to improve the practice of nurses with a positive attitude. There is a good scope for community nurses to conduct research on knowledge, attitude and practice on cottage farming in the Schools, Self help groups, Anganwadi Urban and Rural women.

Limitations of the study

- The study was limited to only 30 women of Thenmala Panchayath who were selected by non-probability convenient sampling.
- The study was limited to see only the sprouting of seeds and their growth up to 5 cm.
- The investigator could not see the produce of cottage farming.

Recommendations

Based on the findings of the present study, recommendations offered for future research are,

- A similar study can be conducted in different self help group of rural women.
- A study may be replicated using large sample.
- A similar study can be conducted for urban women in urban setting.
- Further research studies can be done in schools

CONCLUSION

This study on cottage farming was done to improve the nutritional status of the rural women and their family members, to make them aware of the ill effects of purchased vegetables also to safe guard the ecosystem and biodiversity. The study was done to know the effect of planned teaching on knowledge, attitude and practice on cottage farming among rural women of Thenmala Panchayath of Kollam district. Non probability convenient sampling was used to conduct the study. The study was effective as the rural women improved their knowledge, attitude and practice on cottage farming as the post-test signifies with the mean of pre-test.

The overall experience of conducting this study was satisfying and enriching. The rural women were very co-operative during the study. As this year 2014 is known as the international year of farming, the investigator was happy to partake in the crucial role of cottage farming in food and environmental safety, the prevention of life style diseases and that of global warming. The study was a new learning experience for the investigator.

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