

**EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE
REGARDING HYPOTHYROIDISM AMONG HOUSE WIVES IN SELECTED AREAS OF
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ABSTRACT

Objectives: To assess the knowledge regarding hypothyroidism among house wives at selected areas of Pallithottam. To assess the effectiveness of planned teaching programme on knowledge regarding hypothyroidism among housewives at selected areas of Pallithottam. To find out the association between pretest knowledge score among housewives and selected demographic variables. **Methods:** The study was conducted in Pallithottam, Kollam. Quantitative research approach was used in this study. Quasi experimental pretest posttest control group research design was used. 60 housewives selected by convenient sampling method. Structured questionnaire was used to assess the knowledge regarding hypothyroidism. After the pretest planned teaching program was administered and post test was carried out on 7th day. **Result:** In pretest 50% of the samples belongs to the average knowledge category and remaining 50% belongs to poor knowledge category. In posttest majority (70%) are having good level of knowledge, remaining 30% have average level of knowledge. The mean posttest score of experimental group was [13.9] higher than the mean pretest score [8.93] after planned teaching program. The calculated t value (10.80) was greater than the table value at [p<0.05] **Conclusion:** The overall findings of the study inferred that the planned teaching program on hypothyroidism among housewives was effective.

KEYWORDS: Quasi experimental pretest posttest control group research design was used.**INTRODUCTION**

Thyroid, the butterfly-shaped gland in our body, is responsible for secreting thyroid hormones which influences the metabolic rate and protein synthesis as well as the rate at which the body produces energy from nutrients and oxygen. Situated in the neck, this two-inch gland plays a very important role in managing weight, mood swings, hair growth, body temperature, heart-rate as well as other important functions like brain development and fertility. In large population-based studies in Western countries with sufficient dietary iodine, 0.3–0.4% of the population have overt hypothyroidism. A larger proportion, 4.3–8.5%, have subclinical hypothyroidism. Prevalence of hypothyroidism in India is around 11%. Have elevated thyroid-peroxidase antibody levels in around 9.5% of general population. There is paucity of large studies from India which have looked into the prevalence of thyroid disorders.

The risk is higher in those with antibodies against thyroid peroxidase. Subclinical hypothyroidism is estimated to affect 2% of children. In adults, subclinical hypothyroidism is more common in the elderly. There is a much higher rate of thyroid disorders, the most

common of which is hypothyroidism, in individuals with Down syndrome and Turner syndrome. Very severe hypothyroidism and myxoedema coma are rare, with it estimated to occur in 0.22 per million people a year. "Thyroid prevalence is on the rise as we have seen a surge in cases," says Shashank Joshi, Secretary, Indian Thyroid Society (ITS). He says the two main reasons that contribute to the rise in the cases thyroid disorders are rising awareness of the disease, which means more patients with this condition are being diagnosed, and autoimmunity, which is the most common cause of thyroid and is often triggered by stress.

The women are more likely to develop hypothyroidism than men. Based on the survey conducted in the previous year, the researcher identifies that there will be significant increase in the number of hypothyroid women in selected areas of Pallithottam. The lack of knowledge related to hypothyroidism and its management can leads to severe health problems. Educate the women regarding the importance of healthy practices and prevention of illness is necessary to prevent the complications. So the researcher felt the need to provide awareness regarding hypothyroidism.

OBJECTIVES

- To assess the knowledge regarding hypothyroidism among house wives at selected areas of Pallithottam.
- To assess the effectiveness of planned teaching programme on knowledge regarding hypothyroidism among housewives at selected areas of Pallithottam.
- To find out the association between pretest knowledge score among housewives and selected demographic variables.

HYPOTHESES

All hypotheses will be tested at 0.05 level of significance.

- **H₁**- There will be significant difference between the pretest and posttest knowledge score of experimental group after planned teaching program.
- **H₂**-There will be significant difference in posttest knowledge scores of experimental and control group.
- **H₃**-There will be significant association between pretest knowledge score and selected demographic variables.

MATERIALS AND METHODS

An evaluative approach with quasi experimental pretest posttest control group research design was used. Convenient sampling technique was used to select the samples of 60 housewives. 30 samples in control and 30 in experimental group. Structured knowledge questionnaire was used to assess the knowledge of housewives. The planned teaching program was given on the same day for a period of 20 minutes with the help of audio visual aids. Post test was conducted on 7th day of teaching program.

Findings of the study**Section A****Part 1: Frequency and percentage distribution of samples according to demographic data**

Description of demographic variables under study includes body weight, religion, education, socio economic status, and dietary pattern. The demographic variables of the selected samples were analysed under descriptive statistics including frequency and percentage distribution.

Demographic data

- Majority (48.33) of the sample belongs to the category of 71-80 kg.30% belongs to 60-70 kg.13.33 of the sample belongs to 81-90. And 8.33% of the sample belongs to 91-100.
- The highest percentage (91.67%) of the samples are Christians.6.67% of the samples are Hindus and 1.67 of the samples are Muslims.
- Regarding the educational status of the women 48.33% of the samples had primary education, 30% of the sample had high school education, 15% had higher secondary education and 6.67% of the samples had degree and above.
- Considering the socioeconomic status of the women, a high percentage of the sample belongs to the category of below poverty line. 8.33% of the sample

belongs to the category of above poverty line and 15% of the sample belongs to the category of Anthodia Anna Yojana.

- Majority of the samples are (96.67%) non-vegetarian. Remaining 3.33% of the sample are vegetarians.

Section B: effectiveness of planned teaching program on knowledge regarding hypothyroidism among housewives at selected areas of Pallithottam**Part 1: Mean, Standard deviation, t value of pretest knowledge scores of experimental and control group.**

The calculated t value is less than the table value at [p<0.05]. Hence the research hypotheses H1 was rejected. so there is no significant difference between the mean pretest knowledge scores of experimental and control group.

Part 2: Comparison of pretest and posttest knowledge score of experimental group after planned teaching program.

The mean post test score of experimental group was [13.9] higher than the mean pretest score [8.93]. The calculated t value was greater than the table value at [p<0.05]. So there is significant difference between the knowledge score of experimental group before and after planned teaching program. This shows that the planned teaching program on hypothyroidism was effective in improving the knowledge among housewives at selected areas of Pallithottam.

Part 3: Comparison of posttest knowledge score of experimental group and control group

The mean posttest score of experimental group was [13.9] higher than the mean posttest score of control group. The calculated t value was greater than the table value at [p<0.05]. So there is significant difference between the knowledge score of experimental group and control group after planned teaching program. This shows that the planned teaching program on hypothyroidism was effective in improving the knowledge among housewives at selected areas of Pallithottam.

The findings of the study shows that there is significant difference in the knowledge scores of the samples in experimental and control group before and after planned teaching program. This suggest that planned teaching program on hypothyroidism was effective in improving the knowledge among housewives in selected areas of Pallithottam.

Section C: Association between pretest level of knowledge and selected demographic variables.

Association of knowledge with selected demographic variables such as body weight, religion, education, socio economic status and dietary pattern were computed by chi square test. The chi square value 3.39 for body weight (table value=7.81): 1.69 for religion (table value=5.91) 7.01 for education (table value=7.81): .36

for socio economic status (table value=5.91): 4.70 for dietary pattern (table value=3.84). As calculated chi square value are less than table value at 0.05 level of significant except dietary pattern. So research hypotheses H3 was accepted only for one variable, dietary pattern. So there is significant association between knowledge score and dietary pattern.

CONCLUSION

The present study was aimed to find the effectiveness of planned teaching program on knowledge regarding hypothyroidism among housewives at selected areas of Pallithottam. The findings of the study shows that the mean difference of the post test knowledge score of experimental group was greater than the control group at 0.05 level of significance after structured teaching program in the experimental group. So the planned teaching program is effective in improving the knowledge regarding hypothyroidism among housewives at selected areas of Pallithottam.

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