A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING HYPOTHYROIDISM AMONG FEMALES VISITING AIIMS HOSPITAL

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ABSTRACT:

Introduction: Hypothyroidism means deficiency of thyroid hormone that cause the general slowing of metabolic rate. Hypothyroidism is more common in women than men, but as the male get older they start to catch up. Risk factor that makes women more prone to get disease includes during pregnancy, after delivery, around menopause, iodine deficiency and any thyroid disease in family history.

Methodology: this study was descriptive research approach. One group pre and post-test pre experimental design was used for this. The study was conducted in AIIMS Raipur. the population consist of females within the age group of between 18-48 years visiting AIIMS Raipur within the age group of 18-48 years visiting AIIMS Raipur. The sample size in a study consist of 60 females (n=60).

Result: Overall, the samples had good knowledge of hypothyroidism. However, post test their knowledge significantly increased.

Conclusion: The main purpose of the study was to evaluate the effectiveness of structured teaching programme on knowledge of hypothyroidism among female (18-48 years) in AIIMS RAIPUR C.G.

Keywords: Assess, Effectiveness, STP, hypothyroidism

INTRODUCTION & BACKGROUND:

An estimated 200 million Hypothyroidism occurred worldwide annually. Approx. 1 out of every woman develops thyroid disease and its prevalence increases with ages (about 20% in women over age 60).it has been estimated that 42

million people in India suffer with Hypothyroidism. This study aims to create awareness among females regarding knowledge of Hypothyroidism.

The objectives of the study was to assess the existing knowledge regarding hypothyroidism and To analyze the

effectiveness of structured teaching programme regarding knowledge of Hypothyroidism among females visiting AIIMS Raipur, Chhattishgarh. Thesis was based on modified imogene king's goal attainment theory.

Hypothyroidism means deficiency of thyroid hormone that causes the general slowing of the metabolic rate. Hypothyroidism is characterized by a broad clinical spectrum ranging from overt state of myxedema, end organ effects and multisystem failure to an asymptomatic or subclinical condition with normal level of thyroxine and triiodo thyronine and mildly elevated level of serum thyrotropin. Hypothyroidism is more common in women than in men .It is much more common in young female than in young male but as the men get older they start to catch up.Risk factor that make female more prone includes pregnancy, after delivery and menopause.

Hypothyroidism believed to be more common health issue in India, as it is worldwide. The incidence of thyroid disease is much higher than previously thought affected an estimated 30 million Americans and 200 million worldwide. Across culture the prevalence of thyroid is much higher in

females than in males. Approximately 1 out of every 7women develops thyroid disease and its prevalence increases with age (about 20% in women over age 60). Thyroid disease is common worldwide. In India too, there is significant burden of thyroid disease .According to projection from various studies on thyroid disease .It has been estimated that about 42 million people in India suffer from thyroid diseases.

Objectives of the study

1. To assess the existing knowledge regarding hypothyroidism.
2. To analyze the effectiveness of structured teaching programme.
3. To find association between existing knowledge regarding hypothyroidism and selected socio- demographic variables of females.

Hypothesis

H₁: There is significant difference between pretest and post-test knowledge scores of females on knowledge regarding hypothyroidism.

H₂: There is significant association between pre-test knowledge scores in females regarding effect of hypothyroidism and selected demographic variables.

RESEARCH METHODOLOGY:

This chapter of research methodology deals with the description of methodology and different steps, which were under taken for gathering and organizing data. It includes research approach, research design, variables, setting of the study, population, inclusion and exclusion criterion for selection of the sample, sampling technique, sample size description about the tool, pilot study and procedure of data collection and plan for analysis.

Research Approach

The research approach used for this study was descriptive research approach, since the purpose of the study was to find out the effectiveness of structured teaching programme on knowledge regarding hypothyroidism on females.

Research Design

The selection of design depends upon the purpose of the study, research approach and variables to be studied. One group pre and post-test pre experimental design was used for this. In this research structured teaching programme was given to the sample after pre-test. Seven days after the structured teaching programme, post-test

was done to assess the knowledge on hypothyroidism on females. In this study a comparison between the pre-test and post-test score was done to find out effectiveness of structured teaching programme.

Research Setting

The study was conducted in AIIMS Raipur.

Population:

In this study, the population consist of females within the age group of between 18-48 years visiting AIIMS Raipur.

Sample and Sample size:

Sample of this study consist of females within the age group of 18-48 years visiting AIIMS Raipur.

Sample size: The sample size in a study consist of 60 females (n=60).

Sampling criteria:

Inclusion: The females of age group of 18-48 years who are visiting AIIMS Raipur.

Who is willing to participate in the study?

Exclusion:

The females who already have formal knowledge regarding hypothyroidism.

Sampling Technique:

Non-probability convenience sampling technique was used to select samples.

ANALYSIS AND INTERPRETATION OF DATA

In this study data was collected through self-structured questionnaire which were recorded carefully and analysed.

- a. **Family history of thyroid disorder:** out of 60 females 48 were having family history of hypothyroidism (80%) and 12 females were having no family history of hypothyroidism (20%).
- b. There is significant difference between pre-test and post-test knowledge scores females on knowledge regarding hypothyroidism.
- c. In this table cross tabulation was used effectively and the result of chi square analysis was observed as follow and the pre-test knowledge of females was categorized in inadequate (0-50%) and adequate (50-100%) respectively.
- d. There is significant association between pre-test knowledge scores in young females regarding effects of hypothyroidism and selected demographic variables.
- e. It is clear from above table that there is no significant association between the pre-test levels of knowledge with selected demographic variables. Hence,

H2 stated that there will be a significant association between pre-test knowledge score with selected demographic variables is rejected.

Major findings:

- In pre-test 43.33% adult had inadequate knowledge 0-50% and 56.66% had adequate knowledge 50-100%.
- In post-test there is a significant increase in knowledge only 5% have inadequate knowledge and 95% adults have adequate knowledge regarding hypothyroidism.
- The main difference (6.81) 38.58 % between pre-test (17.65) and post-test (24.46) score among females. The study is significant.

CONCLUSION:

The main purpose of the study was to evaluate the effectiveness of structured teaching programme on knowledge of hypothyroidism among female (18-48 years) in AIIMS RAIPUR C.G. With the objectives of the assessing the knowledge of females (18-48 years) regarding knowledge of hypothyroidism and to assess the effectiveness of educational programme regarding hypothyroidism. And assess the association between the knowledge of females regarding hypothyroidism with

selected demographic variables. Modified Imogene king goal attainment theory was used for conceptual framework. The study was conducted for a period of 2 weeks at tatibandh AIIMS Raipur.

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