

# A Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge Regarding Life Style Modification of Diabetic Mellitus among Rural Population in Selected Areas at Purba Bardhaman , West Bengal

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## ABSTRACT

A Study To Assess The Effectiveness Of Structured Teaching Program me On Knowledge Regarding Life Style Modification Of Diabetic Mellitus Among Rural Population In Selected Areas At Purba Bardhaman , West Bengal.

The objectives were 1. To assess the level of knowledge on lifestyle modification of diabetes mellitus among rural population. 2. To assess the effectiveness of structured teaching program me on knowledge regarding life style modification among rural population. 3. To find out the association between post-test level of knowledge regarding lifestyle modification with their selected demographic variables.

An evaluate research was considered the benefiting approach carry out this study. Pre-test and post-test experimental research design was used to assess the knowledge regarding life style modification of diabetes mellitus among rural population in selected areas at Rajkot. The measurement used in the present study was the knowledge regarding life style modification denotes as O1 and O2 for the pre-test and post-test respectively. The pre-test was administrated to the experimental and control group respectively. The 38 intervention and treatment introduced to the experimental group was a planned teaching program me on knowledge regarding life style modification of diabetic mellitus among rural population in selected areas at Purba Bardhaman, west bengal, which is denoted by X. The post test was administrated to the experimental and the control group respectively. the pre-test mean is 7.12 and a post-test mean is 14.18, the mean difference is 7.06 and the standard deviation for pre-test is 3.763 and the post-test is 4.997, obtained t value is 19.500 with degrees of freedom 39 at 0.000 level of significance.

**Keywords:** Diabetes mellitus, structured teaching program me, life style modifications,

## 1 Introduction

Diabetes is currently considered to be a heterogeneous set of diseases characterized by chronic hypoglycemia due to a variety of underlying genetic and environmental causes acting together. Currently, more than 70% of people with diabetes live in low- and middle-income countries. It is estimated that 285 million people will be living with diabetes in 2010, or 6.4% of the world's adult population. Of these, 20% of the population with diabetes now lives in Southeast Asia. The number of diabetics in countries in the region is likely to triple by 2025.

The World Health Organization has expressed concern that the prevalence of diabetes has reached epidemic levels. He predicts that developing countries will bear the brunt of this epidemic in the 21st century. India has the highest number of diabetics in the world and is known as the "diabetes capital" of the world Gender.

Over the past 25 years, it has become a pandemic, especially in urban areas. In 2000, India had about 31.7 million people and is expected to have 79.4 million by 2030. The increasing prevalence of diabetes is perhaps the price we have to pay for progress, urbanization, fast living, globalization and rapid industrialization.

## 2 Need of Research

"Lifestyle is what you pay for; a life that will pay off." Thomas Leonard The worldwide prevalence of diabetes in all ages is estimated to be 2.8% in 2000 and 4.4% in 2030. The total number of people with diabetes is expected to increase from 171 million years 2000 to 366 million by 2030.

The prevalence of diabetes is higher in men. The most significant demographic change in worldwide prevalence of diabetes appears to be an increase in the proportion of people over the age of 65.11 WHO has predicted that the global prevalence of diabetes will increase more than doubled, from 135 million in 1995 to 300 million.

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By 2025, the largest increase will occur in India from 19.4 million to 57.2 million, while in China from 16 million to 37.6 million and the United States from 13.9 to 21.9 million unless effective measures are put in place to curb this massive disease. India currently has the highest number of diabetics and is known as the diabetes capital of the world. The prevalence of diabetes is increasing worldwide. Fortunately, compelling evidence from clinical trials suggests that education and lifestyle modifications can reduce diabetes risk, and that new treatments can reduce the burden of death and disease. Diseases are at risk.

### 3 Objectives

1. Assessing the understanding of lifestyle changes for diabetes among rural people.
2. Evaluate the effectiveness of building knowledge education programs on lifestyle adjustment for rural population.

Exploring the association between knowledge level after examination of lifestyle changes and selected demographic variables.

### 4 Materials and methods :

**Study Design:** A pre- and post-trial experimental study design was applied to this study. Research Background The study was carried out in rural Rahtala, Purba Bardhaman.

**Population:** The entire group of people or things that meet the criteria of interest to the researcher.

**Sample:** A subset of a population is called a sample. In this study, the sample consisting of people with diabetes in rural areas was selected. Sample size: In this study, the sample size was 40

**Sampling technique:** Used convenience sampling technique to select sample from selected area.

### 5 Result

The diabetes and lifestyle structure education program in terms of knowledge, mean pre-trial was 7.12 and mean post-trial was 14.18, mean difference was 7.06 and mean standard deviation of pre-test is 3.763 and post-test is 4.997, t-value obtained is 19,500 with 39 degrees of freedom at 0.000 significance level.

### 6 Conclusion

Current research shows that people with diabetes did not have enough knowledge and lifestyle changes before the test. After the introduction of a structured and effective curriculum, the majority of people with diabetes already have adequate knowledge about diabetes and lifestyle changes. It is understood that a properly structured curriculum involving lifestyle changes in people with diabetes will certainly improve their knowledge and blood sugar balance.

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