



“EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING PREVENTION OF VARICOSE VEIN AMONG SECURITY GUARDS WORKING IN DIFFERENT UNIVERSITY, MORADABAD, UTTAR PRADESH.”

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ABSTRACT

Varicosities, another term for varicose veins, are dilated, convoluted subcutaneous veins and that are the almost always encountered inside the system of saphenous. They could be little and harmless or big, twisted and bulging veins are varicose veins. An estimation states that by the time an individuals are in there 50s, 41% of all women will have aberrant leg veins. Statistics show that there are around 47,928,177 varicose veins in India that are a warning for all. Pre-experimental study design (one group pre-test post-test design) was employed. This study was carried out at a different Moradabad University. 80 security officers were chosen as a sample using the convenience sampling method, which is non-probability. Self-structured questionnaires and sociodemographic data were the tools used to obtain the data. The study's findings indicate that out of 80 security guards, 90% had inadequate knowledge before the intervention, 10% had moderate knowledge, and 12.5% had appropriate knowledge, 68.75% had moderate knowledge, and 18.75% had deficient knowledge. With a t value of 17.289 from 79 df and a significance level of 0.05, the mean score of 18.48 was found to be higher than the

pre-test score of 9.18. The results of the study revealed that the planned education program was helpful in enhancing security guards' knowledge.

INTRODUCTION

Varicosities, another term for varicose veins, are dilated, convoluted subcutaneous veins and that are the almost always encountered in the saphenous system. They could be little and harmless or big and bulging. Twisted, bulging veins are varicose veins. The veins most commonly impacted by varicose veins involve those in the legs. This is due to higher pressures on lower bodies of veins caused by walking and standing for extended periods. The most typical location for veins with varicose veins becomes the inside thigh or calf. They develop as a result of blood building up in the veins on the outer surfaces of the legs. After that, those veins typically enlarge, ascend and appear either blue or purple within the layer of skin. According to a WHO survey conducted in 2007, 2% of people in the West had varicose veins. According to the statistical information system of the World Health Organization, 152 deaths per year in Germany and roughly 177 deaths per year in the US were attributed to varicose veins. Varicose veins are more common as people age. Varicose veins are predicted to develop in 20% of all adults at some time in their life. Even though they are more common in older persons, they can also occur in younger people. The majority during the workday is spent sitting for a long time and in the same positions by millions of employees. 20% more energy is used when standing than when sitting. Prolonged standing poses a serious health risk, including fatigue and attention loss. Women often first get varicose veins during pregnancy. Varicose vein complications most frequently manifest as veins in the leg ulcers. About 3 to 6% of the time, varicose veins can enhance to ulcers if they are left untreated.

OBJECTIVES OF THE STUDY

1. To develop the planned teaching programme and to assess the knowledge regarding prevention of varicose vein among security guards in different University, Moradabad, Uttar Pradesh.
2. To evaluate effectiveness of the planned teaching program on knowledge regarding prevention of varicose vein among security guards.
3. To find out the association between the pre-test knowledge level with their selected socio- demographic variables.

ASSUMPTIONS

The researcher assumes that-

- The security guards may have some knowledge regarding the prevention of varicose vein.
- A planned teaching programme increase the knowledge regarding prevention of the varicose vein among security guards.

HYPOTHESIS

All hypotheses are tested at 0.05 level of significance

H₁: There is a significant difference between the pre-test and post-test mean knowledge level of prevention of varicose vein among security guards working in different University, Moradabad, Uttar Pradesh.

H₂: There is a significant association between the pre-test knowledge levels of security guards working in different University, Moradabad, Uttar Pradesh with selected socio-demographic variables.

MATERIALS AND METHODS

RESEARCH APPROACH - Quantitative Research Approach

RESEARCH DESIGN – Pre-Experimental (One group pre-test post-test design)

Table 1 – Representation of Research design

Group	Pre-test	Intervention	Post-test
One group (Security Guards)	O1	X	O2

KEY'S

- Pre-test implementation of self structured questionnaire for understanding among security guards in different University.
- X- Administration of planned teaching programmer.
- Post-test to evaluate the effectiveness through using the Self-Structured knowledge questionnaire after 7 days of administration of the planned teaching Programme.

VARIABLES -

1. **Independent variable:** Planned teaching programme on knowledge regarding prevention of varicose vein.
2. **Dependent variable:** Knowledge regarding prevention of varicose vein.
3. **Demographic variable:** Age in year, Gender, Education ,Experience, Duration of duty hours / day, The Family history of varicose vein.

SAMPLE: Security Guards.

SAMPLING TECHNIQUE: Convenience sampling technique.

Inclusion criteria:

- Security guards who were present at the time the data was collected.
- Security guards who were willing to participate.
- Security guards who were working in Teerthanker Mahaveer University of Moradabad.

Exclusion criteria:

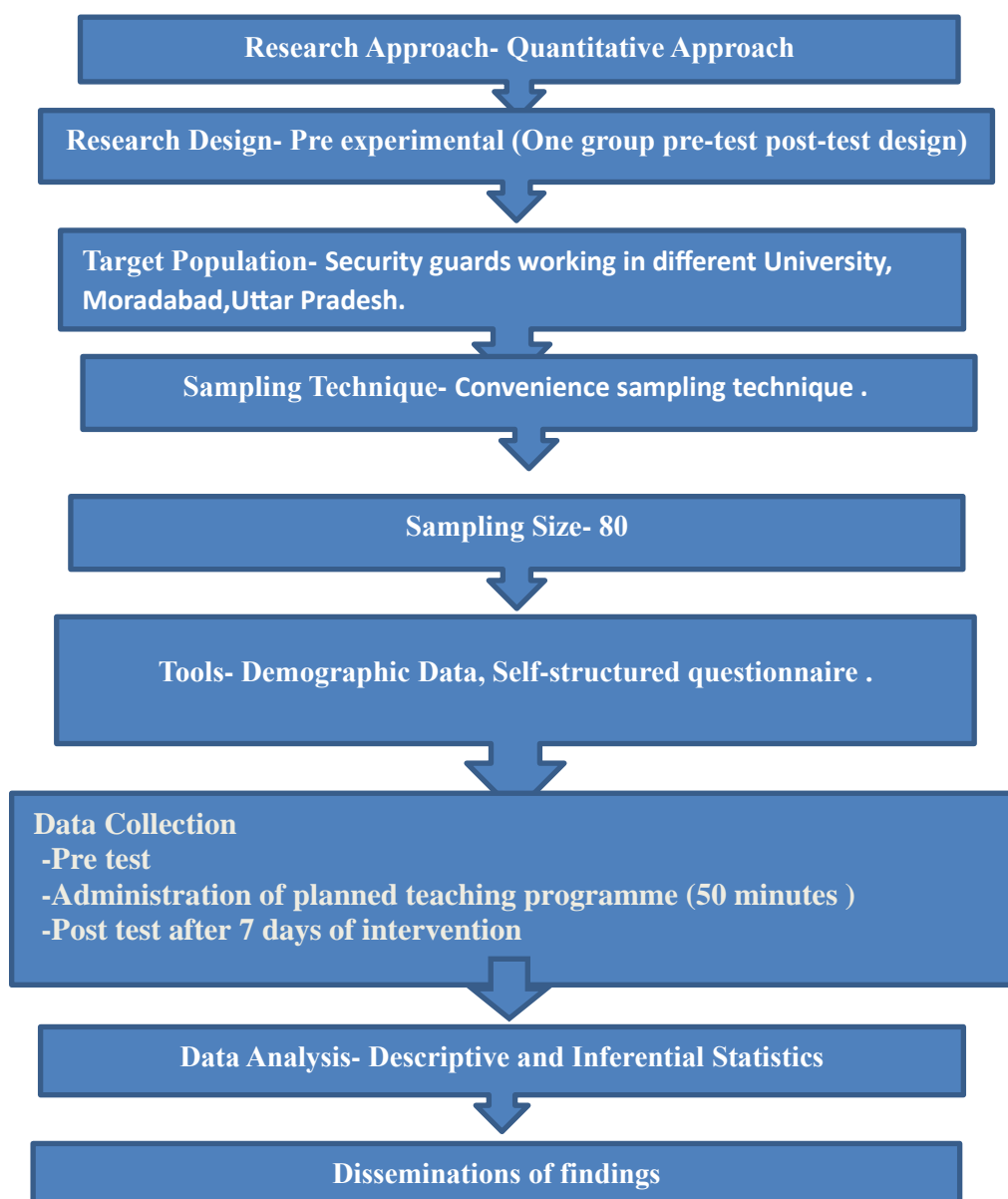
- Security guards not available at the time of data collection.

DESCRIPTION OF THE TOOL

Tool 1 - Demographic Data

Tool 2 - Self-Structured questionnaire

Figure 1: Schematic representation of Research Methodology



RESULT

The data collected was organized and presented under following sections:

SECTION A: Description of frequency and percentage distribution of socio demographic variables.

SECTION B: Findings related to the pre test and post test level of knowledge regarding the prevention of varicose vein among security guards.

SECTION C: Findings related to effectiveness of planned teaching program on knowledge regarding prevention of varicose vein among security guards.

SECTION D: Findings related to association between the pre-test knowledge score with their selected socio demographic variables.

SECTION A : Description of frequency and percentage distribution of Socio demographic variables.

Sr. No.	DEMOGRAPHIC VARIABLES	CATEGORY	Frequency	Percentage
1	Age in years	20 - 30	32	40%
		31 - 40	28	35%
		41 - 50	16	20%
		51 to above	4	5%
2	Gender:	Male	72	90%
		Female	8	10%
		Trans gender	0	0%
3	Education	Primary	26	32.50%
		Secondary	18	22.50%
		Secondary	16	20%
		above	20	25%
4	Experience	Less than 1 year	31	38.75%
		1 to 3 Year	22	27.50%
		4 to 6 Years	15	18.75%
		More than 6 Years	12	15%
5	Duration of duty hours / day:	12 hours / day	80	100%
		More than 12 hours	0	0%
6	Family history of varicose veins:	Yes	4	5%
		No	76	95%

Table 2: Frequency and percentage of distribution of demographic variables.

The findings shows that majority (32) 40% of the security guards from the age of 20 to 30 years ,(28) 35% of the security guards from the age of 31 to 41years,(16)20% of the security guards from the age of 41 to 50 years, and the remaining (4) 5% are from 51 to above, as per

Gender the security guards (72) 90% of the sample from male and (8)10% of the sample from females, as per The finding shows that majority (26) 32% of the security guards were had primary education, (18) 22 % of the security guards were had secondary education, (16) 20% were had senior secondary education and (20) 25% were had graduate & above education, as per experience of the finding revealed that (31) 38.75% of security guards were Less than 1 year, (22) 27.50% of security guards were 1 to 3 year, (15) 18.75% of security guards were 4 to 6 years and the remaining (12) 15.00% of security guards were over 6 years of experience, as per duration of duty hours / day The finding revealed that (80)100% of security guards had a 12 hours / day as per Family history of varicose vein Finding of majority, as evidence (4) 5% security guards have family history of varicose vein & (76) 95% of security guards have not any family history of varicose vein.

SECTION B – findings related to pre-test & post-test level of knowledge regarding varicose vein among security guards.

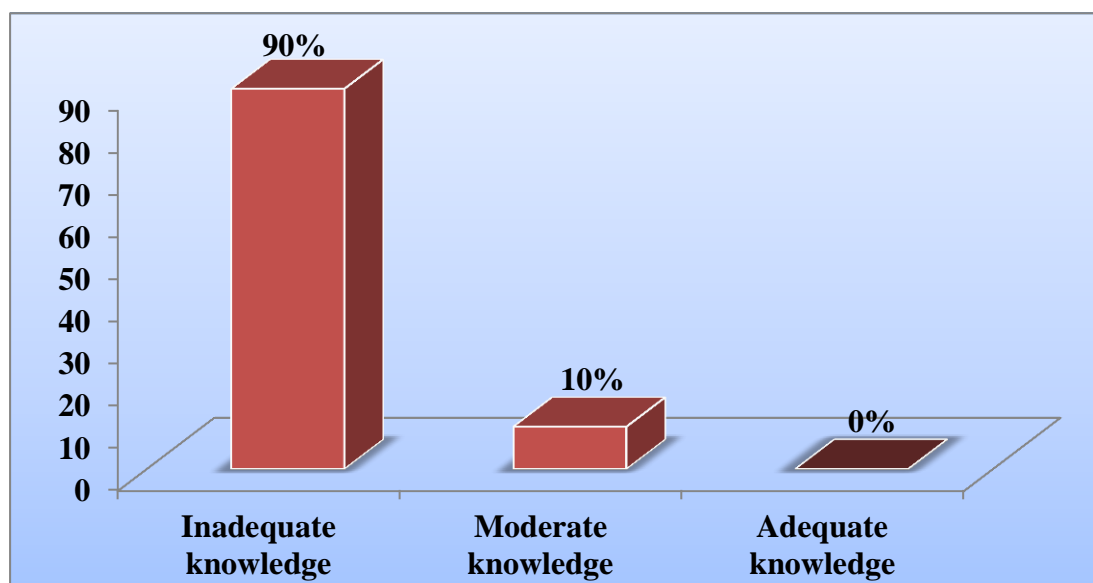


Fig 2 - Bar graph indicates the percentage of Pre-test knowledge level of security guards about varicose vein.

Above data highlights that all participants in pre-test (72) 90% belonged to inadequate knowledge, (8) 10% belonged to moderate knowledge, (0) 0% belonged to adequate knowledge whereas in the post-test, 0% belonged to inadequate knowledge.

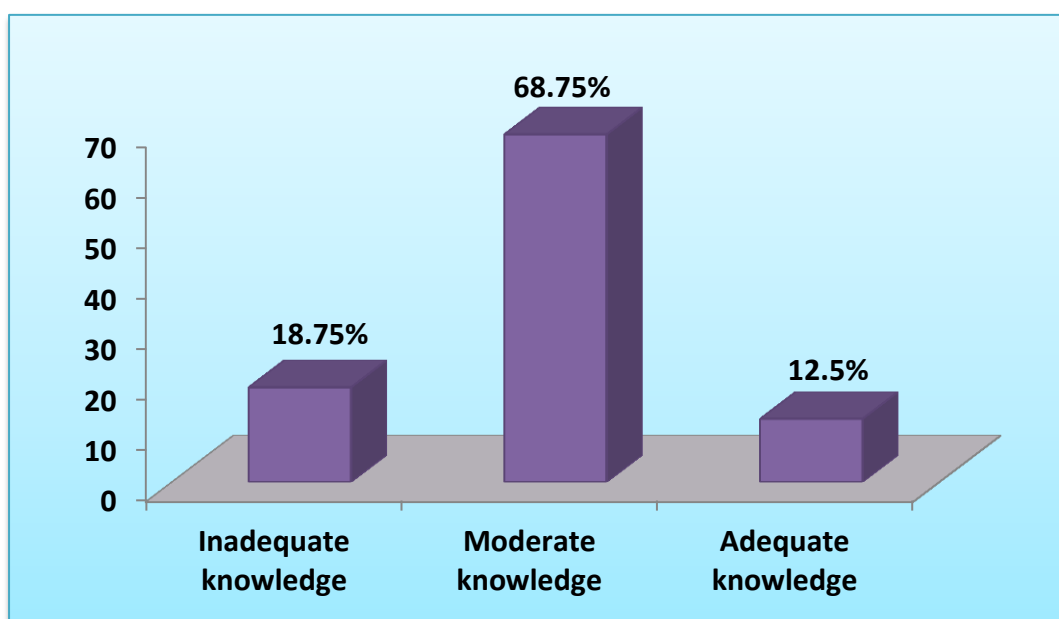


Fig 3 -Bar graph indicates the percentage of Post-test knowledge level of security guards about varicose vein.

Above data highlights that all participants in post-test (15) 18.75% belonged to inadequate knowledge, (55)68.75% belonged to moderate knowledge and (10)12.5% belonged to adequate knowledge whereas in the post-test.

SECTION C – findings related to effectiveness of planned teaching programme on knowledge regarding varicose vein among security guards.

Assessment	Mean	SD	Mean Difference	DF	Paired t test value	P value
Pre test	9.18	3.201	9.30	79	17.289	0.00
Post test	18.48	3.379				

Fig 4 - Bar diagram revealed the mean of pre-test & post-test scores.

It shows the mean post-test knowledge scores (18.48) were more afterward mean pre-test score of (9.18) with a mean difference of (9.30). Hence it shows that planned teaching is effective among security guards. So, the stated hypothesis H1 - There will be significant difference between pre-test & post-test knowledge scores regarding prevention of varicose vein among security guards was accepted.

SECTION D - Findings related to association between pre-test level of knowledge regarding varicose vein among security guards with selected socio-demographic variables.

Table 3 ASSOCIATION BETWEEN PRE-TEST KNOWLEDGE SCORES WITH THEIR SELECTED SOCIO DEMOGRAPHIC VARIABLES.

SL . N O.	SOCIO DEMOGRAPHIC VARIABLES	CATEGORY	PRACTICE LEVEL			TOT AL	DF	CHI SQU ARE VAL UE
			INADEQ UATE	MODER ATE	ADEQU ATE			
			(0-15)	(16-22)	(23- 30)			
1	Age	20 - 30	30	2	0	32	3	P=0. 721 P<0. 05 NS
		31 - 40	27	1	0	28		
		41 - 50	16	0	0	16		
		51 to above	4	0	0	4		
2	Gender	Male	69	3	0	72	1	P=0. 556 P<0. 05 NS
		Female	8	0	0	8		
		Trans gender	0	0	0	0		
3	Education	Primary	26	0	0	26	3	P= 0.67 3 P< 0.05 NS
		Secondary	17	1	0	18		
		Secondary	15	1	0	16		
		above	19	1	0	20		
4	Experience	Less than 1 year	30	1	0	31	3	P= 0.07 2 P<0. 05 NS
		1 to 3 Year	22	0	0	22		
		4 to 6 Years	15	0	0	15		
		More than 6 Years	10	2	0	12		
5	Duration of duty hours / day	12 hours / day	77	3	0	80	Constant	
		More than 12 hours	0	0	0	0		
6	The family history of varicose veins	Yes	3	1	0	4	1	P= 0.022

		No	74	2	0	76		P<0.05 NS
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P = < 0.05

***S-Significant, NS - Non Significant**

The result projected that the knowledge level shows that chi square value were greater than table value in all the socio demographic variables except in the age and educational qualification. So, the questionnaire's pre-test score analysis revealed that there was statistically is a no correlation between the pre-test knowledge scores and the chosen socio-demographic factors. Hence the stated hypothesis H₂ - There will be a significant association between pre-test level of knowledge regarding prevention of varicose vein among security guards with socio demographic variables rejected for all Socio demographic Variables.

CONCLUSION

This study determined that the planned teaching programme on information about varicose vein prevention had been an effective means of educating security personnel. The findings of this study demonstrate that the planned teaching programme improved security guards' understanding of varicose vein prevention, which decreased the problem's incidence.

CONFLICTS OF INTEREST - The author declares that they have no conflicts of interest.

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