



“A Study To Assess The Effectiveness Of Video Assisted Teaching Programme On Knowledge Regarding Health Benefits Of Millets Among Clients With Ncds Diseases At Selected Index Hospital Indore District.”

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ABSTRACT: Millets are viewed as supportive with the decrease of weight, BMI, and hypertension. **OBJECTIVES:** To assess the mean pre-test knowledge score regarding health benefits of millets among clients with NCDs . To evaluate the effectiveness of video assisted programme on awareness regarding health benefits of millets among clients with NCDs . To find association between pre-test knowledge score and the selected demographic variables. **Research methodology:** Quantative research were used. Pre experimental one group pretest post test research design were used. **Independent** variable was video assisted teaching programme and **dependent** variable was level of knowledge. The **sample** of study comprises of 40 clients with NCDs. Purposive sampling, technique was used. **Results:** the mean post test knowledge score (18.8) was higher than the mean pre-test knowledge score (11.6). The dispersion of post test score (SD±0.074) was less than that of the pre test score (2.05) and the paired ‘t’ value was 10.35 at the level of 0.05. This indicated that video assisted teaching programme was effective at the level of 0.05 in enhancing level of knowledge score regarding health benefits of millets among client with NCDs . **conclusion:** video assisted teaching programme was effective for enhancing knowledge of clients with NCDs regarding health benefits of millets.

Key words: Millets, video assisted teaching programme, NCDs,clients

1. INTRODUCTION: millets as a nutritious food, fulfilling the nutritional need of global population and to find ways to consume the millets nutritionally, effectively and to reduce the problems of malnutrition and other health problems.

2. PROBLEM STATEMENT: “A Study To Assess The Effectiveness Of Video Assisted Teaching Programme On Knowledge Regarding Health Benefits Of Millets Among Clients With NCDs Diseases At Selected Index Hospital Indore District”

3. OBJECTIVES:

- To assess the mean pre-test knowledge score regarding health benefits of millets among clients with NCDs .
- To evaluate the effectiveness of video assisted programme on awareness regarding health benefits of millets among clients with NCDs .
- To find association between pre-test knowledge score and the selected demographic variables.

4. HYPOTHESIS OF THE STUDY:

- **H₀**: There is a no significant difference between the mean pre-test score knowledge and mean post-test knowledge score after administration of VAT programme on knowledge regarding health benefits of millets among clients with NCDs .
- **H₁** – There is a significant difference between the mean pre-test and post-test knowledge score after administration of VAT programme on knowledge regarding health benefits of millets among clients with NCDs .

5. RESEARCH METHODOLOGY: Quantitative research were used. Pre experimental one group pretest post test research design were used. **Independent** variable was video assisted teaching programme and **dependent** variable was level of knowledge. The **sample** of study comprises of 40 clients with NCDs. Purposive sampling, technique was used. **Socio-demographic Variables:** It includes Demographic data of the subjects including age of the parents, religion, sex, education, occupation, Extensive review of literature, discussion and guidance from experts enhance the development of tools. The tool consists of two parts:**Section I : Demographic Variables:** “It described the demographic variable of clients , which consisted of six items for obtaining information regarding age, religion, education, occupation, types of NCDs ,.Section II : It consists of Structured knowledge Questionnaire.: It consists of 24 multiple choice questions to assess the knowledge of clients with NCDs.

6. DATA ANALYSIS WITH INTERPRETATION

MEAN, STANDARD DEVIATION AND ‘t’ VALUE OF PRETEST AND POST TEST KNOWLEDGE SCORE

(N=40)

Level of knowledge score	Mean Score	Standard Deviation	Mean Difference	Degree Freedom (df)	Paired ‘t’ value	Table Value
Pre-test	6.32	1.325	6.800	39	17.61	At 0.05 level
Post test	13.125	2.255				

Paired ‘t’ test applied. P value <0.05 was taken as statistically significant

The data presented in Table Shows that the mean posttest knowledge score 13.125 ± 2.225 was higher than the mean pretest knowledge score 6.325 ± 1.953 and the computed paired ‘t’ value 17.618 which was significantly higher than the tabulated value **3.558 (at df=39, p < 0.05)**.

video assisted teaching programme was effective for enhancing knowledge of clients with NCDs regarding health benefits of millets.



- The above table illustrates that the mean post test score (18.8) knowledge was higher than the mean pre-test knowledge score (11.6). The dispersion of post test score ($SD\pm 0.074$) was less than that of the pre test score (2.05) and the paired 't' value was 10.35 at the level of 0.05. This indicated that video assisted teaching programme was effective for enhancing knowledge of clients with NCDs regarding health benefits of millets. effective at the level of 0.05 in enhancing level of video assisted teaching programme was effective for enhancing knowledge of clients with NCDs regarding health benefits of millets.

7.RECOMMENDATIONS

On the basis of findings of the study, it is recommended that:

1. A similar study may be replicated on a larger sample so that the findings can be generalized.
2. A comparative study may be conducted to find out the awareness regarding health benefits of millets and other occupation peoples.
3. A comparative study may be conducted to find out the effectiveness between different teaching strategies regarding health benefits of millets awareness.
4. An evaluative study can be carried out by using teaching strategies (intervention) regarding health benefits of millets.
5. A follow up study on the same sample may be conducted to measure awareness regarding health benefits of millets.
6. A similar study can be done to evaluate the effectiveness of information booklet regarding health benefits of millets.
7. A cross sectional survey study can be conducted on same sample regarding assessment of attitude & perception about regarding health benefits of millets.

8.NURSING IMPLICATIONS

The findings of the study have implications for nursing practice, nursing education, nursing administration and nursing research.

NURSING PRACTICE

Nurse plays important role in health education and increasing knowledge for health benefits of millets

- The findings of the study indicated that there is lacking of awareness regarding health benefits of millets so that a need for health education or interventional study regarding health benefits of millets which in turn helps in preventing complication and reduce the NCDs.
- In hospital and community setting there is a need of research study health benefits of millets.
- In community setting there is a need for increasing knowledge health benefits of millets.

NURSING EDUCATION

- At present the health care delivery system is giving more emphasis on preventive rather than curative aspect. Today more emphasis is given on self-reliance in health care system. The study also implies that the nurse educator plays a vital role in health care delivery system to teach the people health benefits of millets.
- The planned teaching programmed and other teaching strategies can be used as an informational and educational mode by the nurses and the nursing personnel for educating the health benefits of millets and its preventive measures in hospital as well as in community settings.
- Nurse educator should train the nursing student to acquire the knowledge and skills health benefits of millets among ,clients and to plan out teaching programme in the community setting.
- Nurse educator should arrange education programme for ASHA & Anganwadi workers to acquire knowledge and to understand the importance health benefits of millets.
- Nurse educator should arrange nutritional education programmed for community people

NURSING ADMINISTRATION

- Nurse administrator should take initiative plan for creating policies or in providing education to the people in community setting. Nurse administrator should take efforts for regarding health benefits of millets.
- They should plan for manpower, money, material, methods and time to conduct successful education programme.
- Nurse administrator should train and assign the public health nurses to conduct health teaching programme in the community setting to improve the knowledge.
- Nurse administrator takes initiative plans to improve the communication with people during study.
- Nurse administrator can conduct staff meeting discuss these findings and revise measure to improve awareness regarding health benefits of millets.
- Nurse administrator should take efforts to organize workshop, in service education programme as this will update the knowledge of staff nurse, ASHA and Anganwadi workers regarding health benefits of millets.

NURSING RESEARCH

- The study throws a light on awareness regarding health benefits of millets. There is a lot of scope for exploration in this area.
- There is a need for evidence based practice to assess health benefits of millets in different peoples in community settings.
- The emphasis on evidence based practice is needed to improve quality of nursing care.
- Research can be conducted to detect the attitude and practice of health benefits of millets

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