



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

A Descriptive Study To Assess The Knowledge Regarding Urinary Tract Infections And Its Preventive Measures Among Women In Selected Areas Of Mohali, Punjab

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Abstract

Background: Urinary tract infections (UTIs) are among the most common infections affecting women of all age groups. Lack of knowledge regarding preventive measures leads to increased frequency, recurrence, and complications.

Aim: This study was conducted to assess the level of knowledge regarding urinary tract infections and their preventive strategies among women in selected areas of Mohali, Punjab.

Methodology: A descriptive research design was adopted with a purposive sampling technique. A structured questionnaire was administered to 60 women to assess their knowledge about UTI causes, symptoms, and prevention. Data was analyzed using descriptive and inferential statistics.

Results: Among the 60 participants, 26.7% had good knowledge, 53.3% had average knowledge, and 20% had poor knowledge. Significant associations were found between knowledge levels, and educational status as well as previous history of UTI.

Conclusion: The study revealed moderate knowledge among most women, but gaps still exist. Health education interventions are essential to reduce incidence, recurrence, and improve preventive behavior.

Keywords

Urinary Tract Infection, Women's Health, UTI Prevention, Knowledge Assessment, Hygiene Practices, Public Health.

Introduction

Urinary Tract Infections (UTIs) are common infections primarily affecting the bladder and urethra. Due to anatomical and physiological factors, women are more prone to UTIs. If not managed properly, recurrent infections can lead to serious complications, like kidney damage. Despite the prevalence, many women remain unaware of the causes and preventive steps necessary to avoid infection. Poor hygiene, inadequate water intake, and neglecting early symptoms often contribute to high incidence. This study aims to assess the knowledge of women regarding UTIs and their prevention in Mohali, Punjab.

Methodology

A non-experimental, descriptive study design was used. The study included 60 women selected through purposive sampling from selected communities in Mohali, Punjab. A structured knowledge questionnaire consisting of 30 questions was administered covering UTI symptoms, causes, risk factors, and preventive measures. Descriptive statistics (frequency and percentage) were used to analyze knowledge levels, while chi-square tests were applied to examine associations between knowledge scores and sociodemographic variables. Ethical clearance and informed consent were obtained prior to data collection.

Findings of the Study

Among the 60 women surveyed, the majority were in the age group of 21–30 years. Most participants had completed at least secondary education, and a significant number reported experiencing a urinary infection at least once in their lifetime.

In terms of knowledge scores:

- 26.7% of participants had good knowledge
- 53.3% had average knowledge
- 20% had poor knowledge

The findings suggest that while basic awareness exists, a comprehensive understanding of hygiene practices, symptoms of UTI, and preventive behaviors remains insufficient among a significant portion of the population. Women who had a prior history of UTIs tended to demonstrate better knowledge, particularly in recognizing symptoms such as burning sensation during urination, cloudy urine, and urgency. Additionally, women with higher educational qualifications scored better overall. Chi-square analysis revealed a significant association between knowledge level and both educational status and history of UTI ($p < 0.05$). No significant relationship was found between age and knowledge level.

Discussion

The results indicate that women in semi-urban areas like Mohali have moderate knowledge about urinary tract infections. Comparatively, those with a history of UTIs or higher education levels were more informed. This is consistent with studies conducted in other parts of India, which emphasize the role of education and personal experience in shaping health behaviors. Many participants lacked awareness of preventive practices such as wiping from front to back, wearing cotton underwear, and avoiding irritants like perfumed soaps. It is essential that public health initiatives include educational campaigns about basic hygiene, adequate hydration, and early recognition of UTI symptoms to empower women and reduce recurrence.

Conclusion

The study concludes that although awareness of urinary tract infections exists among women in Mohali, comprehensive knowledge remains limited. Focused community-based educational efforts are needed to enhance understanding of preventive measures, leading to better health outcomes and reduced burden of UTIs.