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Impact Of Awareness Package On Knowledge Regarding Safety Precautions For Elderly Peoples Among Young Adults In Selected Rural Area

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Abstract
The current study has been undertaken to assess knowledge score regarding Safety precautions for elderly peoples among young adults by awareness package in selected rural area. The research design used for study was pre- experimental in nature. The tool for study was self-structured knowledge questionnaire which consists of 2 parts-PART- I consisted questions related to Socio-demographic data; PART-II consisted of self -structured knowledge questionnaire to assess knowledge score regarding Safety precautions for elderly peoples among young adults. The data was analyzed by using descriptive & inferential statistical methods. The most significant finding was that 29.4% of young adults were having average knowledge regarding Safety precautions for elderly peoples whereas 70.6% had fair knowledge after post-test. It was suggested that nurses must educate young adults regarding Safety precautions for elderly peoples.

Keyword- Impact, awareness package, knowledge & Safety precautions for elderly peoples.

I. Introduction

Staying safe at home can help your elderly loved one maintain their independence and quality of life. Preventing falls, the leading cause of death and serious injury in the senior population, is key to a long, happy life at home. Two main factors, personal and environmental, contribute to senior citizens' fall risk: Personal factors include muscle weakness, balance problems, limited vision and certain medication. Environmental factors include home hazards such as loose rugs, poor lighting (especially on stairs) and a lack of stair railings or grab bars in the bathroom.

- Prevent unnecessary falls and improve your safety by making yourself aware of environmental hazards. Take action to remove fall risks from your home by:
- Install secure handrails and bright lights with switches at the top and bottom of stairways.
- Repair loose or uneven steps. Check stairs for worn or loose carpeting and install anti-slip treads.
- Always wear shoes with traction and make sure throw rugs have non-skid backing.
- Install grab bars for the toilet, bathtub and/or shower, and use non-slip mats or decals on ceramic surfaces both inside and outside the tub.
- Install nightlights in areas you frequent at night. Also, consider keeping a flashlight near your bed.
- Store frequently-used items on lower shelves in the kitchen to limit the use of stools or step-ladders. If you must use a step stool, use one with a bar to hold onto.

II. Objective of the study

1. To assess the pre-test & post-test Knowledge score regarding Safety precautions for elderly peoples among young adults.
2. To assess impact of awareness package on knowledge regarding Safety precautions for elderly peoples among young adults.
3. To find out association between pre-test knowledge score regarding Safety precautions for elderly peoples among young adults with their selected demographic variables.

III. Hypotheses:

RH_0: There will be no significant difference between pretest & post-test knowledge score on Safety precautions for elderly peoples among young adults.

RH_1: There will be significant difference between pretest & post-test knowledge score on Safety precautions for elderly peoples among young adults.

RH_2: There will be significant association between pre-test score on Safety precautions for elderly peoples among young adults with their selected demographic variables.

V. Assumption

1. Young adults may have deficit knowledge regarding Safety precautions for elderly peoples.
2. Awareness package will enhance knowledge of young adults regarding Safety precautions for elderly peoples.

VI. Methodology

A quantitative evaluative approach was used and research design pre-experimental one group pre-test post-test research design was used for the study. The samples consisted of 68 young adults selected by Non probability convenient sampling technique. The setting for the study was Gram Mangliya, Indore. Data was gathered with help of demographic variables & administering a self-structured knowledge questionnaire by analyst prior & after awareness package. Post-test was done after seven days of pre-test. Data were analysis using descriptive & inferential statistics.

VII. Analysis and interpretation

SECTION-I Table -1 Frequency & percentage distribution of samples according to their demographic variables.

n = 68

S. No	Demographic Variables	Frequency	Percentage
1	**Age in Years**		
a.	19-23	34	50
b.	24-28	12	17.6
c.	≥29	22	32.4
2	**Educational Status**		
a.	No formal education	5	7.4
b.	Primary	7	10.3
c.	Secondary	34	50.0
d	Higher secondary	16	23.5
e	Graduate and above	6	8.8
3	**Family type**		
a.	Nuclear	32	47.1
b.	Joint	27	39.7
c.	Extended	9	13.2
4	**Previous knowledge related to Safety precautions for elderly peoples**		
a.	Yes	9	13.2
b.	No	59	86.8

SECTION-II- Table- 2.1.1- Frequency and percentage distribution of Pre-test scores of studied subjects:

Category and test Score	Frequency (N=68)	Frequency Percentage (%)
POOR (1-10)	58	85.3
AVERAGE (11-20)	10	14.7
GOOD (21-30)	0	0.0
TOTAL	68	100.0

The present table 2.1.1 concerned with the existing knowledge regarding Safety precautions for elderly peoples among young adults were shown by pre-test score and it is observed that most of the young adults 58 (85.3%) were poor (01-10) knowledge & some young adults have 10 (14.7%) were from average category.

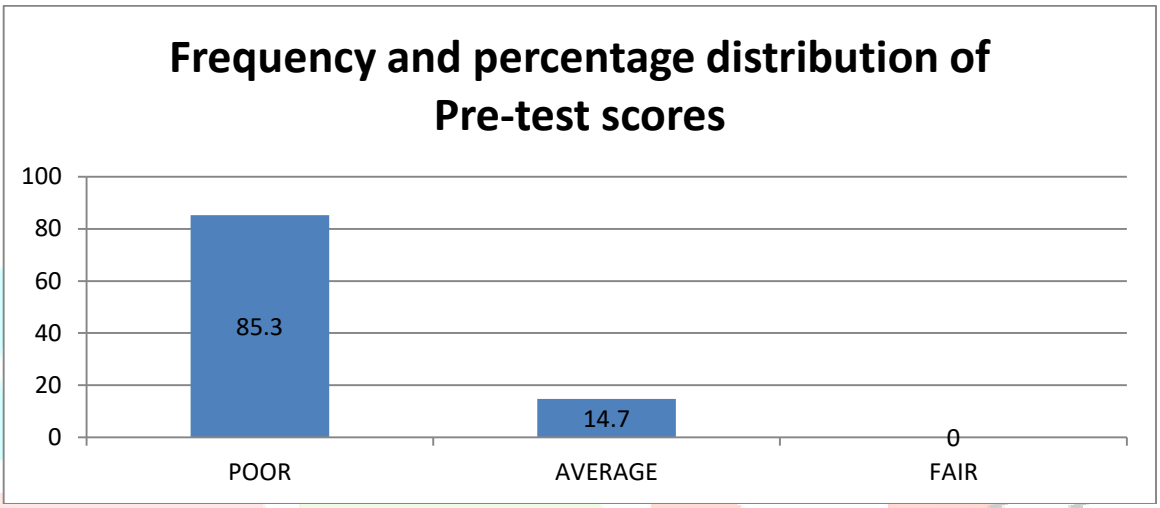

FIG.-2.1.1- Frequency and percentage distribution of Pre-test scores of studied subjects

Table-2.1.2. - Mean ($\bar{X}$) and standard Deviation (s) of knowledge scores:

Knowledge Pre –test	Mean ($\bar{X}$)	Std Dev (S)
Pre-test score	6.67	1.33

The information regarding mean, percentage of mean and standard deviation of test scores in shown in table 2.1.2 knowledge in mean pre-test score was 6.67 ± 1.33 while in knowledge regarding Safety precautions for elderly peoples among young adults in selected rural area.

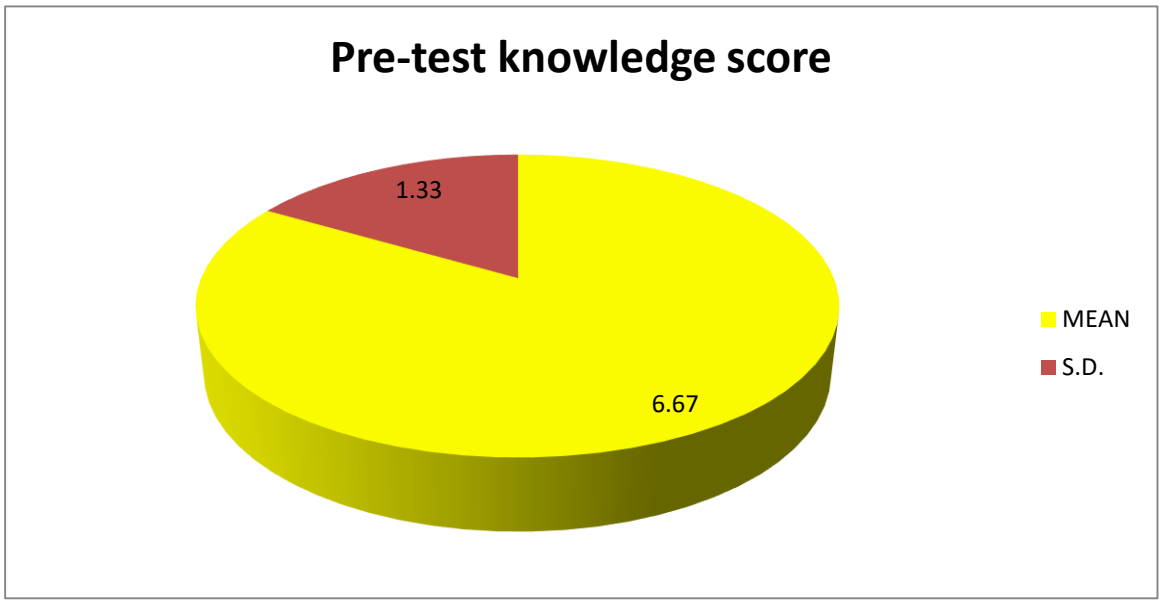

FIG.-2.1.1. - **Mean ($\bar{X}$) and standard Deviation (s) of knowledge scores**

Table-2.2.1- Frequency and percentage distribution of Post test scores of studied subjects:

Category and post-test Score	Frequency (N=68)	Frequency Percentage (%)
POOR (01-10)	0	0.0
AVERAGE (11-20)	20	29.4
GOOD (21-30)	48	70.6
TOTAL	68	100%

The present table 2.2.1 concerned with the existing knowledge regarding Safety precautions for elderly peoples among young adults was shown by post test score and it is observed that most of the young adults 48 (70.6%) were **FAIR** (21-30) knowledge & other young adults have 20 (29.4%) category which are **AVERAGE** (11-20) posttest knowledge score in present study.

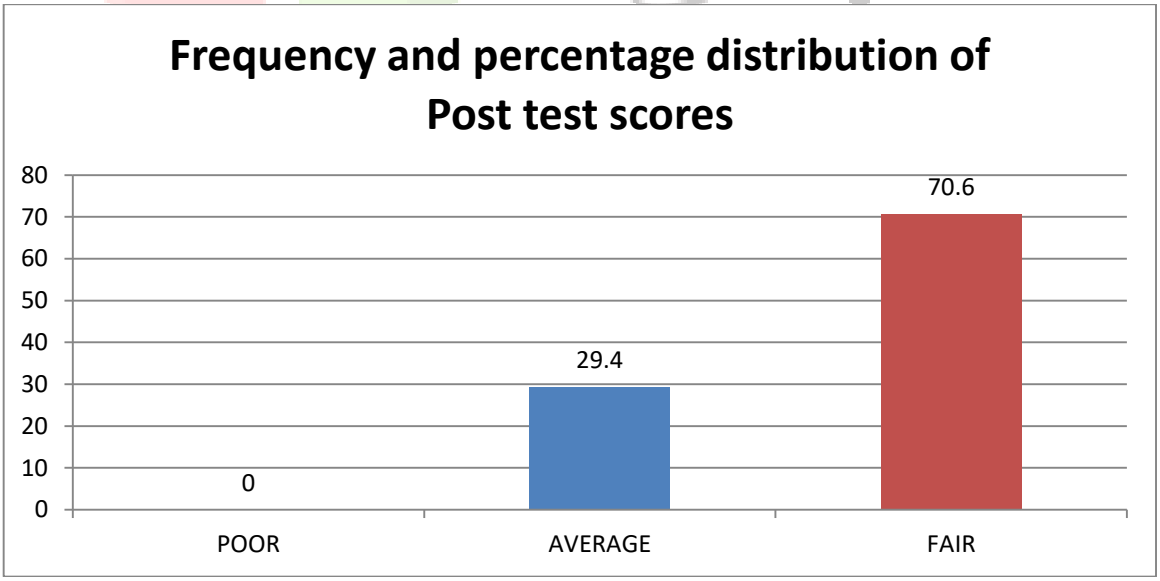

FIG.-2.2.1- Frequency and percentage distribution of Post test scores of studied subjects

Table-2.2.2. - Mean ($\overline{X}$) and standard Deviation (s) of knowledge scores:

Knowledge Test	Mean ($\overline{X}$)	Std Dev (S)
Post-test score	14.42	1.39

The information regarding mean, percentage of mean and SD of post test scores in shown in table 2.2.2 knowledge in mean post test score was 14.42 ± 1.39 while in knowledge regarding Safety precautions for elderly peoples among young adults in selected rural area.

Hence, it is confirmed from the tables of section-II that there is a significant difference in mean of test scores which partially fulfill 2nd objective of the present study.

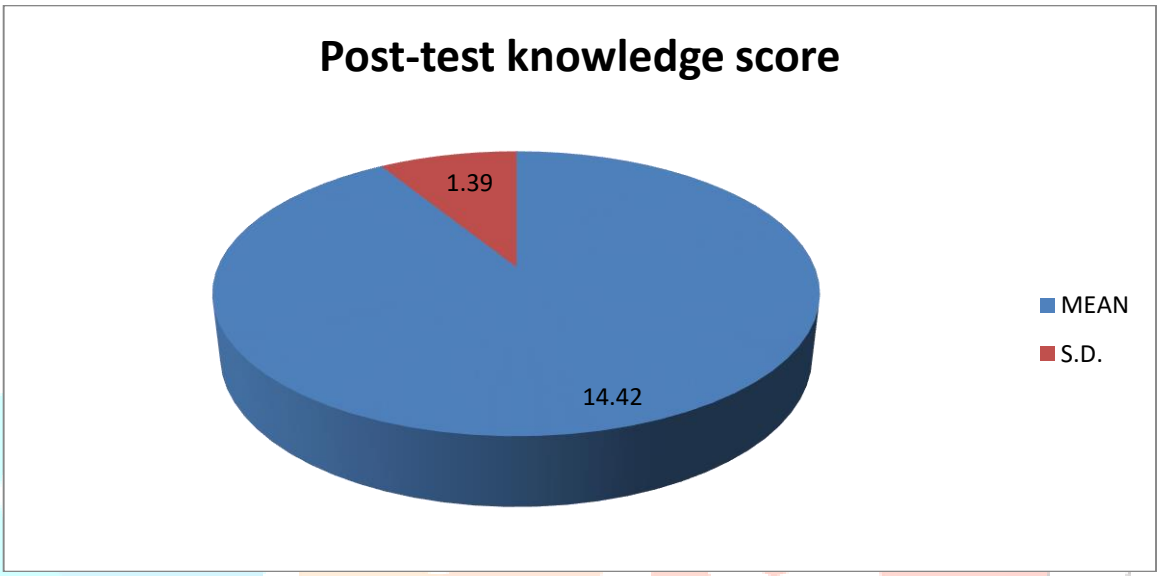

FIG.-2.2.2. - Mean ($\overline{X}$) and standard Deviation (s) of knowledge scores:

TABLE 2.2.3: Impact of awareness package by calculating Mean, SD, Mean Difference and‘t’ Value of Pre-test and Post-test knowledge.

Knowledge Score of Young adults	Mean ($\overline{X}$)	S. D. (s)	D. F.	t-value	Significance
Pre-test	6.67	1.33	67	**-30.24**	P<0.05
Post-test	14.42	1.39			

When the mean and SD of pre-test & post-test were compared & ‘t’ test was applied. It can be clearly seen that the‘t’ value was -30.24 and p value was 0.05 which clearly show that awareness package was very effective in enhancing the knowledge of young adults.

SECTION-III Association of knowledge scores between test and selected demographic variables:

Table- 3.1 Association of age of young adults with pre-test scores:

Age	**Test scores**			**Total**
(in years)	**POOR (1-10)**	**AVERAGE (11-20)**	**FAIR (21-30)**	
19-23	27	7	0	**34**
24-28	9	3	0	**12**
≥29	22	0	0	**22**
Total	**58**	**10**	**0**	**68**
	X^2=5.74	p>0.05(Insignificant)		

The association of age & test scores is shown in present table 3.1. The probability value for Chi-Square test is 5.74 for 2 DF which indicated insignificant value (p>0.05). Hence, it is identified that there is insignificant association between age & test scores. Moreover, it is reflected that age isn't influenced with current problem.

Table- 3.2 Association of educational status with pre-test scores:

Educational Status	**Test scores**			**Total**
	POOR (1-10)	**AVERAGE (11-20)**	**FAIR (21-30)**	
No formal	5	0	0	**5**
Primary	6	1	0	**7**
Secondary	31	3	0	**34**
Higher sec.	12	4	0	**16**
Graduate & above	4	2	0	**6**
Total	**58**	**10**	**0**	**68**
	X^2= 4.81	p>0.05 (Insignificant)		

The association of educational status & test scores is shown in present table 3.2. The probability value for Chi-Square test is 4.81 for 4 degrees of freedom which indicated educational & test scores. Moreover, it is reflected that educational status isn't influenced with present problem.

Table- 3.3 Association of family type with pre-test scores:

Family type	**Test scores**			**Total**
	POOR (1-10)	**AVERAGE (11-20)**	**FAIR (21-30)**	
Nuclear	26	6	0	**32**
Joint	24	3	0	**27**
Extended	8	1	0	**9**
Total	**58**	**10**	**0**	**68**
	X^2=0.78	p>0.05 (Insignificant)		

The association of family type & test score is shown in present table 3.4. The probability value for Chi-Square test is 0.78 for 2 degrees of freedom which indicated family type and test scores. Moreover, it is reflected that family type isn't influenced with present problem.

Table- 3.4 Association of previous knowledge related to Safety precautions for elderly peoples with pre-test scores:

Previous Knowledge	Test scores			Total
	POOR (1-10)	AVERAGE (11-20)	FAIR (21-30)	
Yes	6	3	0	**9**
No	52	7	0	**59**
Total	**58**	**10**	**0**	**68**
X^2=2.86		p>0.05 (Insignificant)		

The association of previous knowledge & test scores is shown in present table 3.4. The probability value for Chi-Square test is 2.86 for 1 degrees of freedom which indicated previous knowledge & test scores. Moreover, it is reflected that previous knowledge isn't influenced with current problem.

VIII. Results

The result of this study indicates that there was a significant increase in post-test knowledge scores compared to pre-test scores of Safety precautions for elderly peoples. The mean percentage knowledge score was observed 6.67 ± 1.33 in pre-test & after implementation of awareness package post-test mean percentage was observed with 14.42 ± 1.39.

IX. Conclusion

Thus, after the analysis and interpretation of data we can conclude that the hypothesis RH1 that, there will be significance difference between pre-test knowledge score with post-test knowledge score at (P<0.05) is being accepted.

Furthermore, awareness package related to Safety precautions for elderly peoples among young adults may consider as an effective tool when there is a need in bridging & modifying knowledge.

X. Limitations

- This was limited to Gram Mangliya, Indore.
- This was limited to 68 young adults.

XI. Reference

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