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"A PRE - EXPERIMENTAL STUDY TO ASSESS EFFECTIVENESS OF PLANNED TEACHING ON KNOWLEDGE REGARDING POCRESCOPHOBIA AMONG ADOLESENT IN SELECTED SCHOOL."

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Abstract: **OBJECTIVES OF THE STUDY: 1.**To assess the knowledge regarding pocrescophobia among adolescent.2.To determine the effectiveness of planned teaching program among the adolescent regarding prevention of pocrescophobia. 3. To find out the associated between Knowledge score with their selected demographic variable.**HYPOTHESIS:1.**H0- There will be no effectiveness of structured teaching program on the Knowledge among adolescent. 2.H1- There will be effectiveness of structured teaching program on the Knowledge among adolescent.3.H2- There will be significant association between the pretest level of Knowledge scores of Adolescents with their selected demographic variables.**DEPENDENT VARIABLES:** Knowledge of adolescent. **INDEPENDENT VARIABLES:**Structured teaching program on pocrescophobia. **SETTINGS OF THE STUDY:** selected Santh Kabir high school, Nakshatrawadi, Chhatrapati Sambhajinagar.**POPULATION:** In the present study accessible population was adolescents of Santh Kabir high school, Nakshatrawadi, Chhatrapati Sambhajinagar.**SAMPLE:** Sample is a subset of a population selected to participate in a research study.**SAMPLING TECHNIQUE:**In this study non-probability purposive sampling technique is used for selecting the samples.**SAMPLE SIZE:**The sample size taken for

this study is 80 adolescents.**MAJOR FINDINGS OF THE STUDY:**55% samples are in age group 13-15 years and 45% of samples are in age group 16-18 years.47.5% of samples are male and 52.5% samples are female.50% sample are from nuclear family, 42.5% samples are from joint family and 7.5% of samples are from extended family.75% samples are Hindu, 20% samples are Muslim and 5% samples are from other religion.75% parents have private job, 15% parents have government job and 10% parents have other job. 67.5% have less than 10000 monthly family income, 20% have 10000-30000 monthly family income and 10% have monthly family income more than 12.5%

RESEARCH METHODOLOGY

RESEARCH APPROACH: A research approach tells the researcher what data to collect and how to analyse it. It also suggests possible conclusion to be drawn from the data, in view of the nature of the problem under study and to accomplish the objectives of the study.In view of the nature of the problem selected for the study and the objectives to be accomplished, quantitative research approach was used for the present study.

RESEARCH DESIGN: Research design can be defined as a blueprint to conduct a research study, which involves the description of research approach, study setting, sampling size, sampling techniques, tools and method of data collection and analysis to answer specific research questions or for testing research hypothesis. The overall plan addressing a research question including strategies for enhancing the study's integrity.[37]
For the present study a pre-experimental design (one group pre-test post-test) is adopted.

Population and Sample

POPULATION: In the present study accessible population was adolescents of Santh Kabir high school, Nakshatrawadi, Chhatrapati Sambhajinagar.**SAMPLE:** Sample is a subset of a population selected to participate in a research study.**SAMPLING TECHNIQUE:**In this study non-probability purposive sampling technique is used for selecting the samples.**SAMPLE SIZE:**The sample size taken for this study is 80 adolescents.

3.2 Data and Sources of Data

SETTINGS OF THE STUDY: selected Santh Kabir high school, Nakshatrawadi, Chhatrapati Sambhajinagar.

3.3 Theoretical framework

A Conceptual framework is a theoretical approach to the study of the problem that is scientifically based and emphasizes the selection, arrangement, and classification of its concept. The conceptual framework functional relationships between events and is not limited to statistical relationships.[18]
The study was intended to assess the effectiveness of a structured teaching program regarding pocrescophobia among adolescents in Santh Kabir high school, Nakshatrawadi, Chh. Sambhajinagar.
The present study was based on general system theory which was introduced by Ludwig Von Bertalanffy (1968) with input, process, output, and feedback. According to system theory, a system is a group of elements that interact with one another to achieve a goal. An individual is a system because he/she receives input from the environment. This input when processed provides an input. This system is cyclical and continues to be so, as long as the input, process, output, and feedback keep interacting. If there are changes in any of the parts, there will be changes in all the parts. Feedback from within the systems or from the environment provides information, which helps the system to determine whether it meets its goal.[19]
In the present study, these concepts can be explained as follows;**1) INPUT:**The input consists of information material or energy that enters the system. Adolescent studying in Santh Kabir high school, Nakshatrawadi, Chh. Sambhajinagar. is a system and has inputs within the systems itself and acquired from the environment. These inputs include the learner's background like age, gender, type of family, religion.

2) PROCESS: It refers to the action needed to accomplish the derived task to achieve the desired output, i.e., effectiveness of a structured teaching program regarding Pocrescophobia. a. Assessment of knowledge of adolescent regarding pocrescophobia. b.Administration of the structured teaching Program.c. Assessment of post-test knowledge using the same questionnaire. **3) OUTPUT:** Output is the behavioral response. Output response becomes feedback to the system and environment. In the present study output is the gain knowledge score. This system was achieved through a comparison between the mean pre-test and post-test knowledge scores of the sample.**4) FEEDBACK:**It is a process by which information is received at each stage of the system output and its redirection to input. Accordingly, the higher knowledge score obtained by adolescent indicates that the structured teaching program was effective in increasing the knowledge regarding pocrescophobia.

3.4 Statistical tools and econometric models

METHODS OF DEVELOPING TOOL: After an extensive review of literature, discussion with the guide and various experts in the field of Psychiatric nursing and based on investigators personal experience, the structured knowledge questionnaire on procrescophobia and its management was developed A blue print of 20 items was prepared to assess the knowledge of adolescents regarding Procrescophobia. **PREPARATION OF TOOLS:** Data collection tools are the procedure or instruments used by investigator to observe or measures the key variables in the research problem.The following steps were undertaken prior to the preparation of the tool.1. Extensive review of literature2. Direct contact3. Opinion and suggestions were taken from the experts

DESCRIPTION OF TOOLS : In the present study the tool consists of two sections. Section A: Demographic Data .Section B: Structured Knowledge Questionnaire

3.4.1 Descriptive Statistics

Section 1: Description of samples according to their demographic data.

Section 2: Description of samples according to their pretest knowledge score regarding over procrescophobia.

Section 3: Description of samples according to their post test knowledge score regarding Procrescophobia.

Section 4: Assessment of effectiveness of structured teaching program on procrescophobia.

Section 5: association of pretest knowledge regarding procrescophobia with demographic variables.

Section 6: association of posttest knowledge regarding procrescophobia with demographic variables.

IV. RESULTS AND DISCUSSION

This chapter highlights the analysis and interpretation of data collected from 80 adolescents in chh sambhajinagar. The data collected from adolescents was analyzed and interpreted by using descriptive and inferential statistics. The data collected was first coded and entered in the computer. Chi-square test is used to find out the association between the demographic variable with knowledge regarding Procrescophobia and paired t test is used to find out effectiveness of structured teaching program.

The data was analyzed and presented in the following section:

Section 1: Description of samples according to their demographic data.

Section 2: Description of samples according to their pretest knowledge score regarding over procrescophobia.

Section 3: Description of samples according to their post test knowledge score regarding Procrescophobia.

Section 4: Assessment of effectiveness of structured teaching program on procrescophobia.

Section 5: association of pretest knowledge regarding procrescophobia with demographic variables.

Section 6: association of posttest knowledge regarding procrescophobia with demographic variables.

SECTION -1: Description of samples according to their demographic data.

1. Age in years (n=80)

Table-1: Distribution of sample according to their Age

Sr. No.	Age in years	Sample	Percentage
1	13-15	44	55%
2	16-18	36	45%

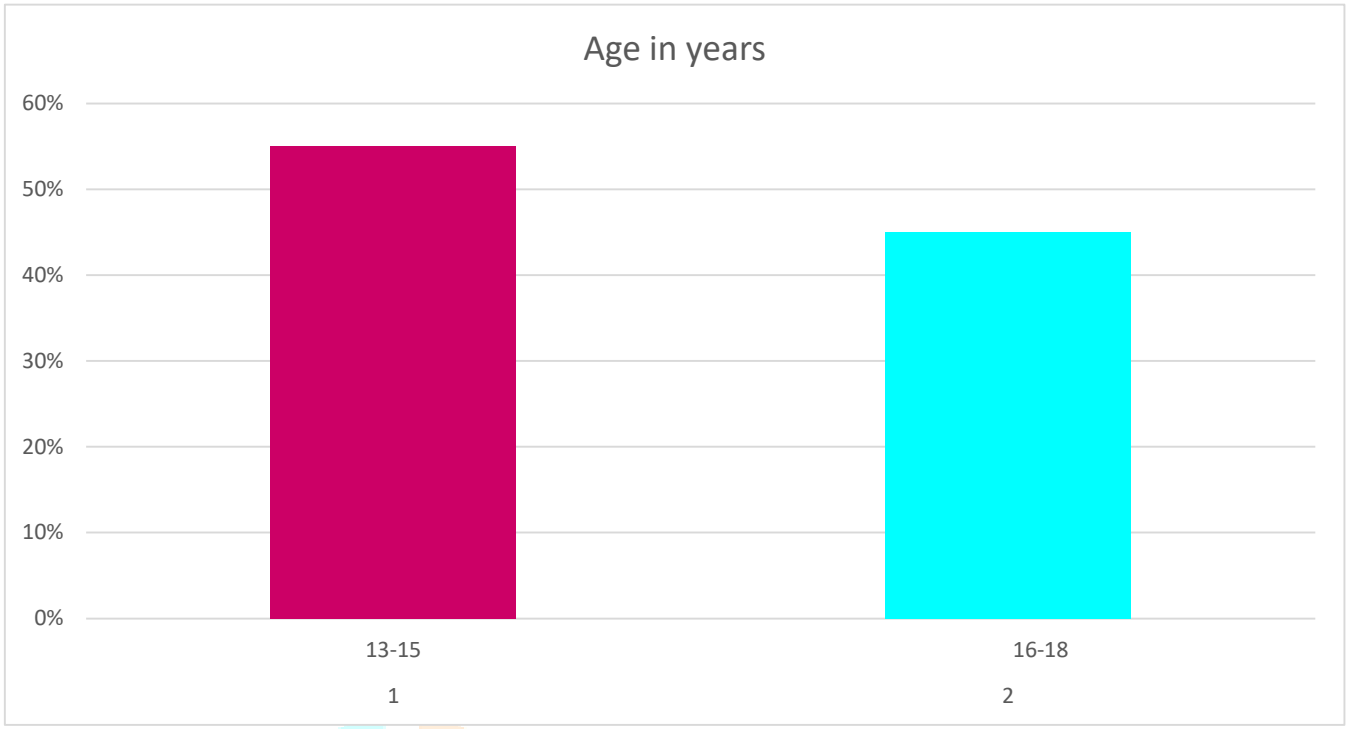

Figure 4.1 Age wise classification of samples.

The data in above figure shows that 55% samples are in age group 13-15 years and 45% of samples are in age group 16-18 years.

2. Gender (n=80)

Table-2: Distribution of sample according to their gender

Sr. No.	Gender	Sample	Percentage
1	Male	38	47.50%
2	Female	42	52.50%

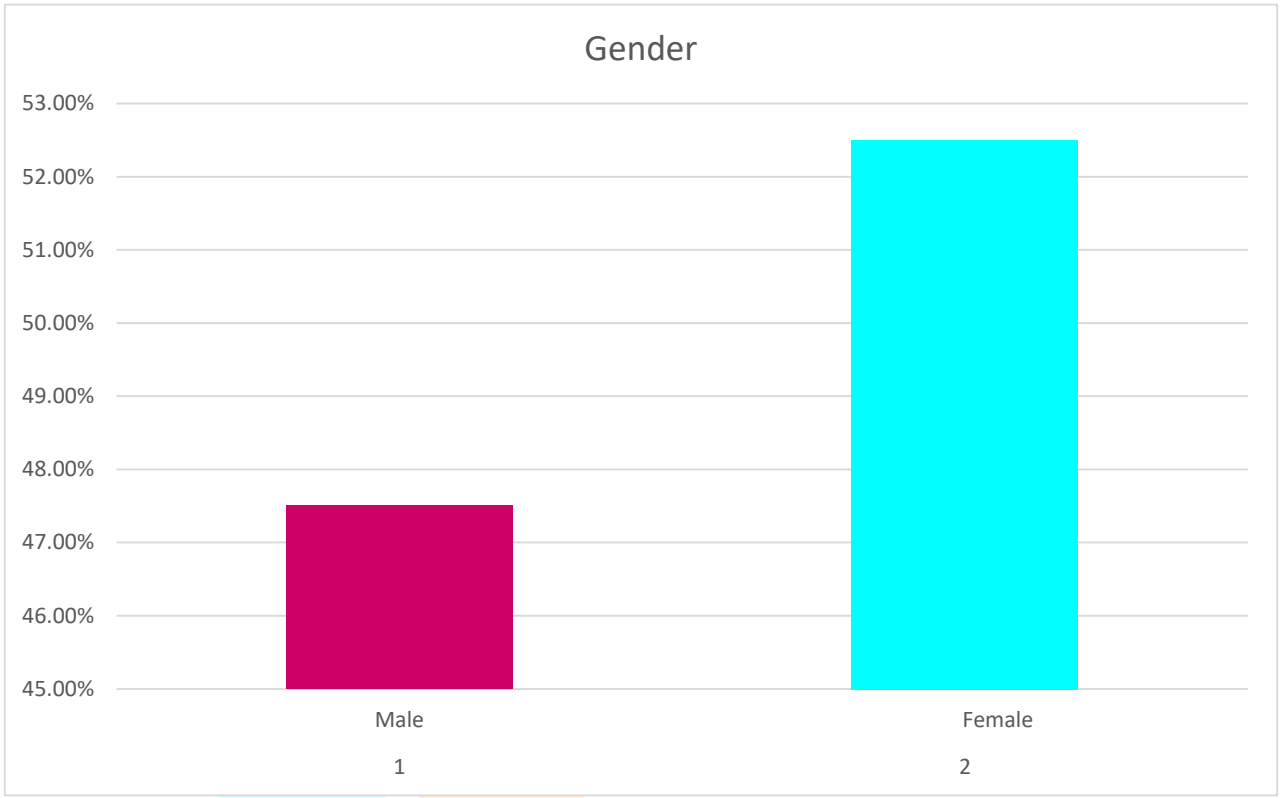

Figure 4.2 Gender wise classification of samples

The data in above figure shows that 47.5% of samples are male and 52.5% samples are female.

3. Type of family (n=80)

Table-3: Distribution of sample according to type of family

Sr. No.	Type of family	Sample	Percentage
1	Nuclear family	40	50%
2	Joint family	34	42.5%
3	Extended family	6	7.5%

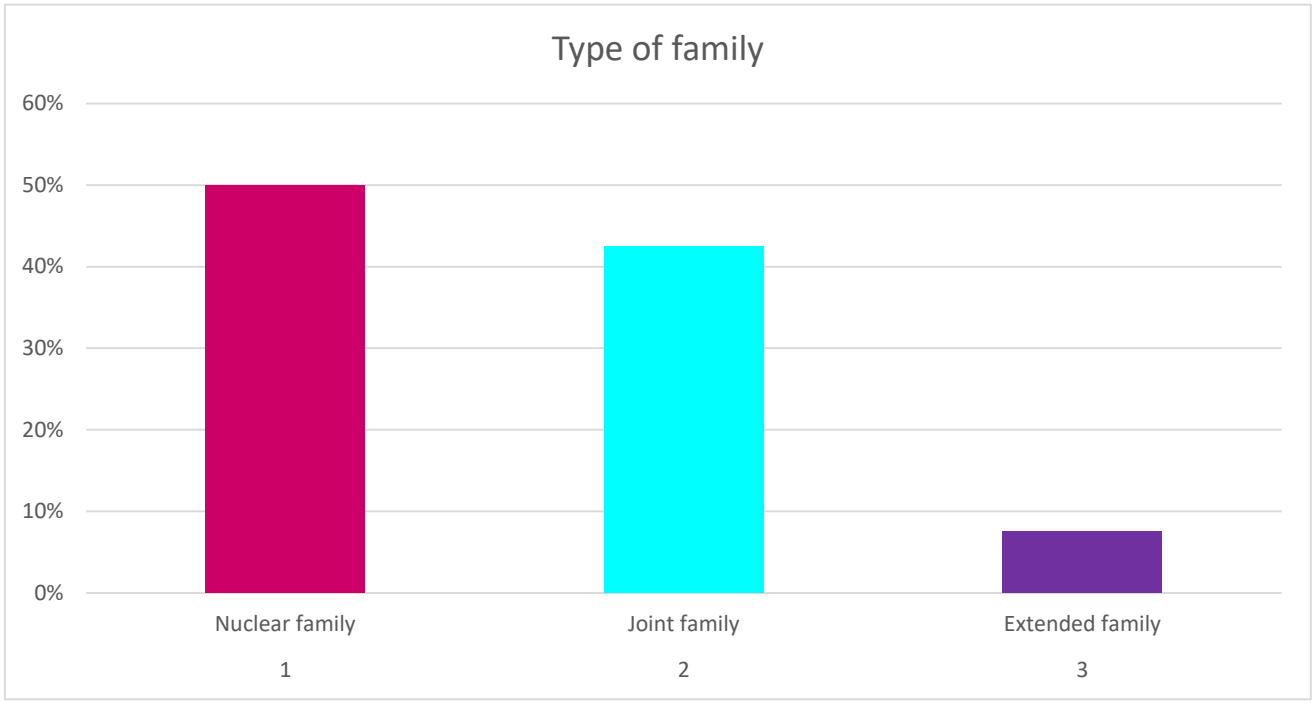

Figure 4.3 Type of family wise classification of samples.

The data in above figure shows that 50% sample are from nuclear family, 42.5% samples are from joint family and 7.5% of samples are from extended family.

4.Religion (n=80)

Table-4: Distribution of sample according to their religion

Sr. No.	Religion	Sample	Percentage
1	Hindu	60	75%
2	Muslim	16	20%
3	Other	4	5%

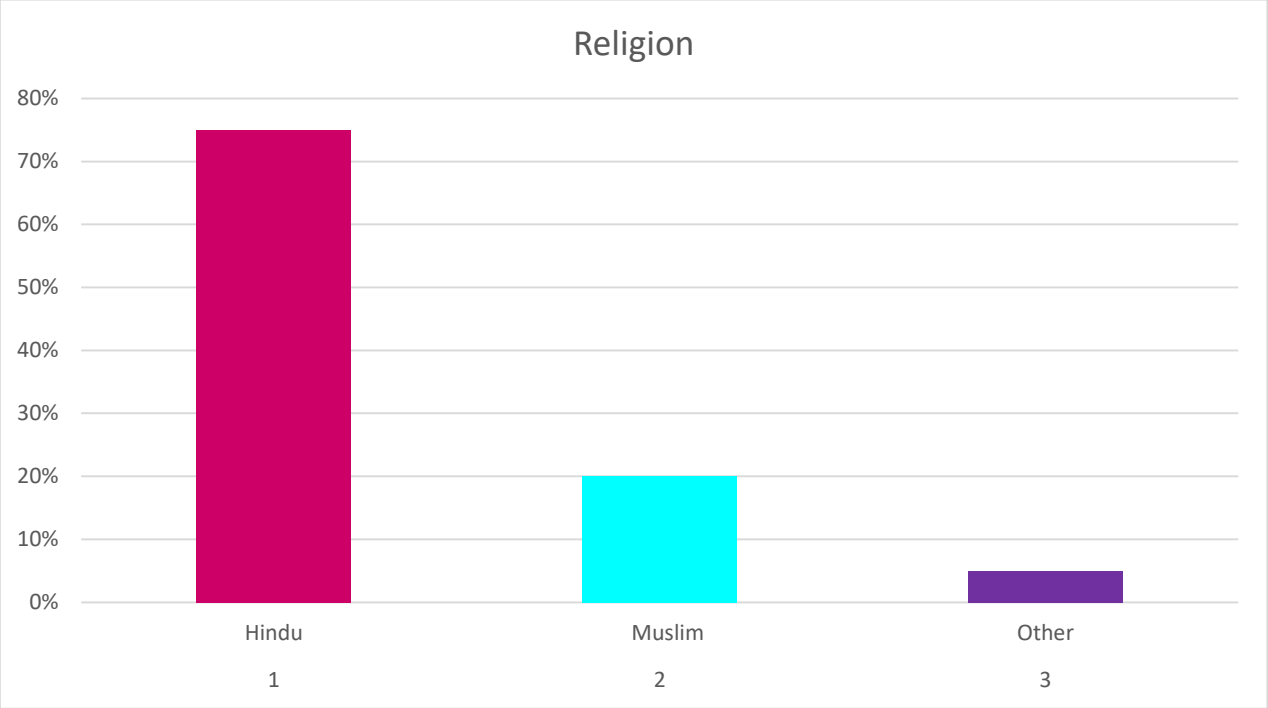

Figure 4.4 Religion wise classification of samples.

The data in above figure shows that 75% samples are Hindu, 20% samples are Muslim and 5% samples are from other religion.

5. Occupation of parents (n=80)

Table-5: Distribution of sample according to their parent's occupation.

Sr. No.	Occupation of parents	Sample	Percentage
1	Private	60	75%
2	Government	12	15%
3	Other	8	10%

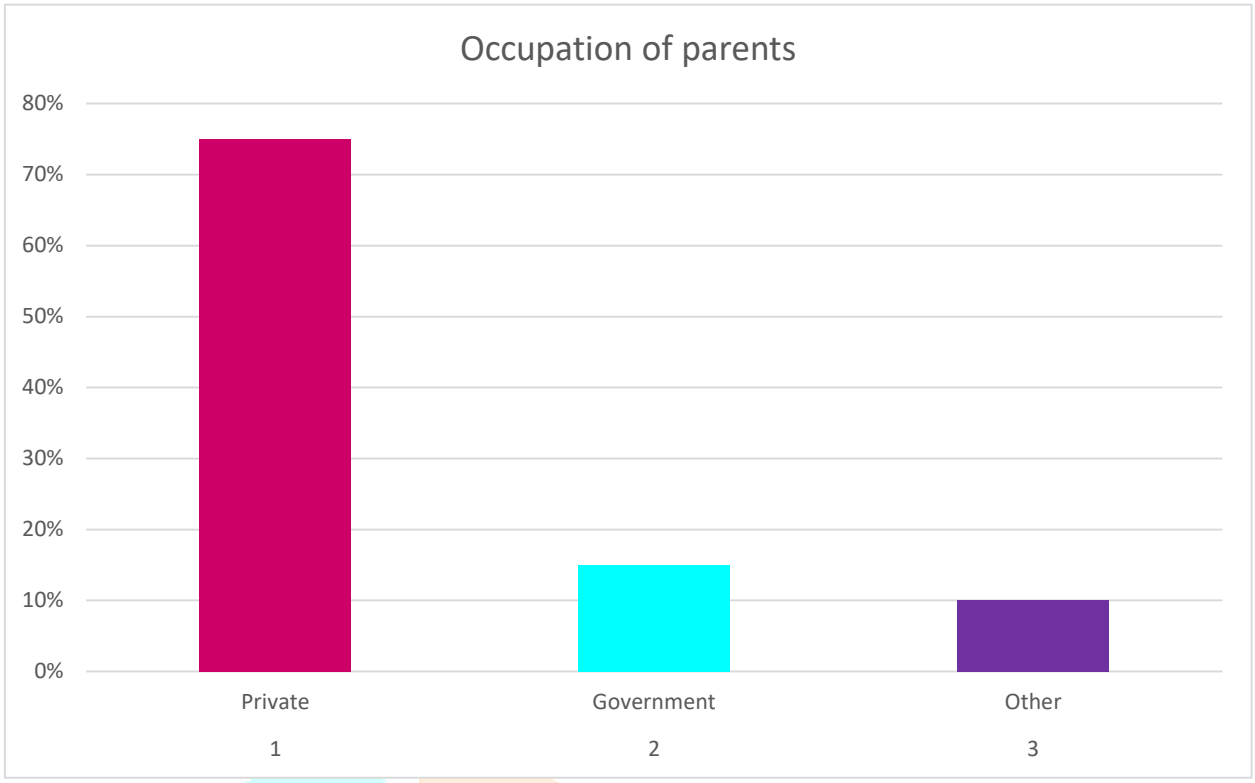

Figure 4.5 Parents' occupation wise classification of samples

The data in above figure shows that 75% parents have private job, 15% parents have government job and 10% parents have other job.

6. Family income (n=80)

Table-6: Distribution of sample according to their family income

Sr. No.	Family income	Sample	Percentage
1	Less than 1000	54	67.5%
2	10000-30000	16	20%
3	Above 30000	10	12.5%

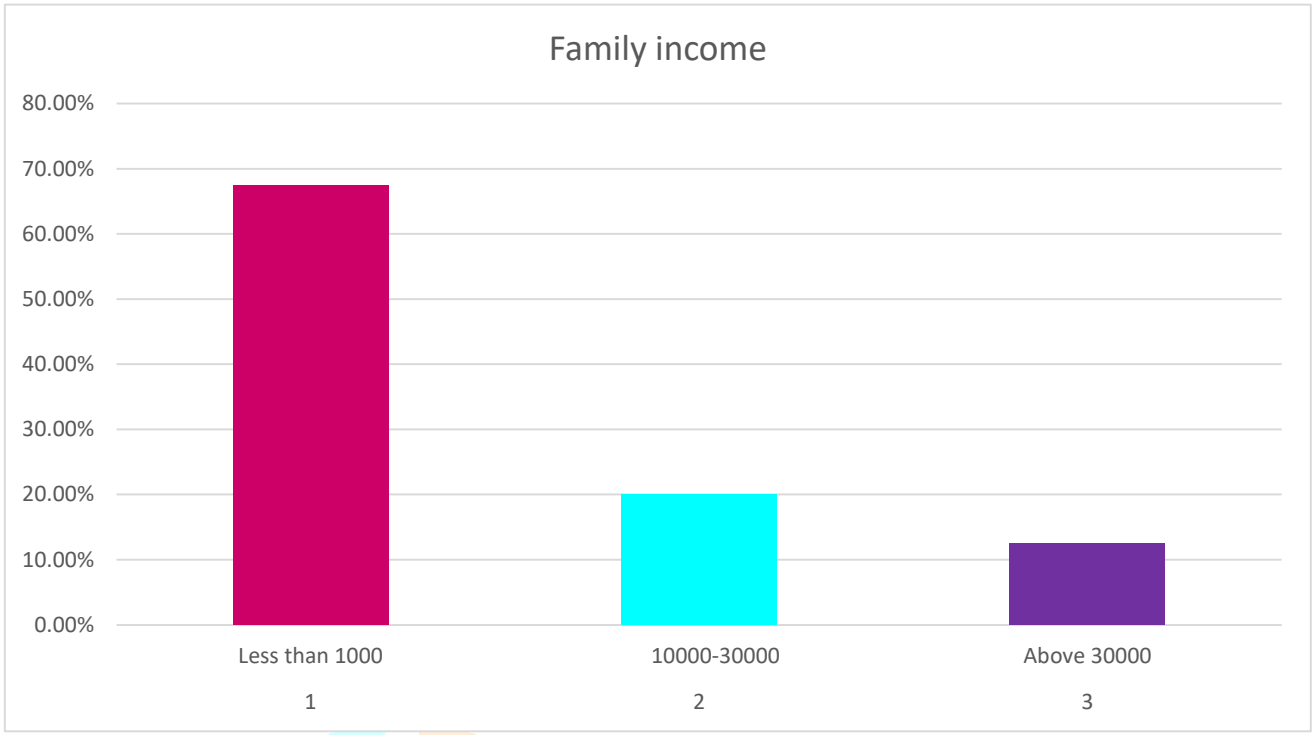

Figure 4.6 Family income wise classification of samples. The data in above figure shows that 67.5% have less than 10000 monthly family income, 20% have 10000-30000 monthly family income and 10% have monthly family income more than 12.5%

SECTION-2: Description of samples according to their pretest knowledge score regarding procrescophobia.

Table-7 Distribution of samples according to their pretest knowledge score regarding Procrescophobia. (n=80)

Sr. No.	Pretest Knowledge score regarding Procrescophobia	Score	Frequency	Percentage	Mean	SD
1	Inadequate	0-6	40	50%	7.00	5.51
2	Moderate	7-13	24	30%		
3	Adequate	14-20	16	20%		

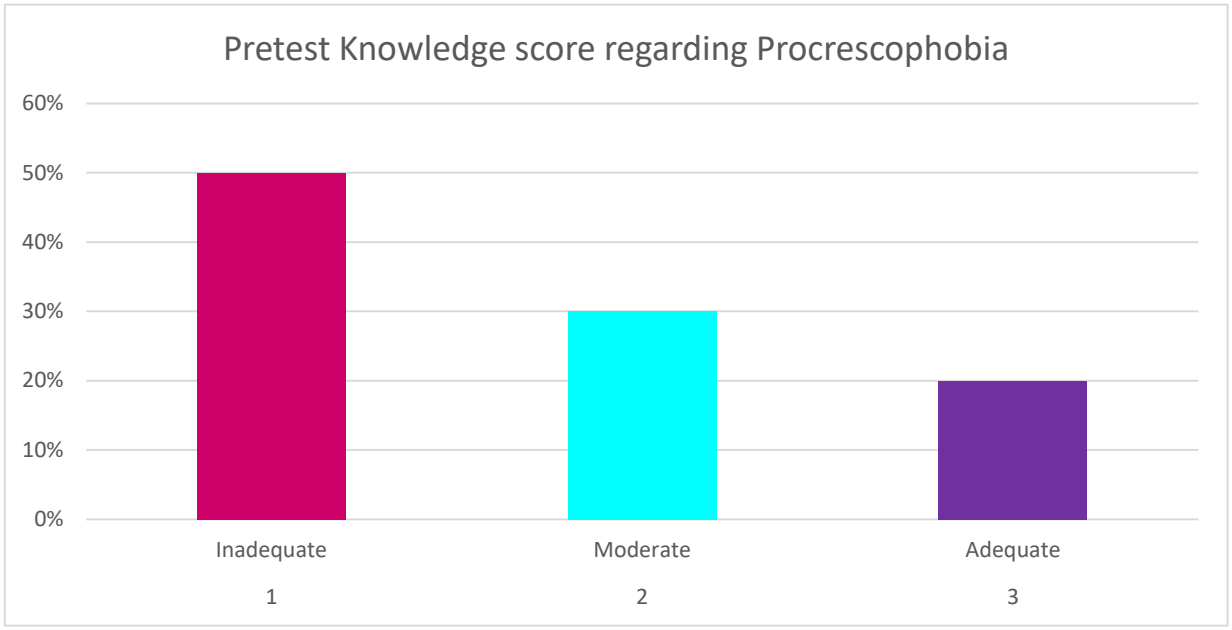

Figure- 4.7 Pretest knowledge score regarding Procrescophobia wise classification of samples

The data in above figure shows 50% samples have inadequate knowledge regarding Procrescophobia, 30% samples have moderate knowledge regarding Procrescophobia and 20% samples have adequate knowledge regarding Procrescophobia.

SECTION-3: Description of samples according to their post test knowledge score regarding Procrescophobia.

Table-8 Distribution of samples according to their posttest knowledge score regarding Procrescophobia(n=80)

Sr. No.	Post test knowledge score regarding procrescophobia	Score	Frequency	Percentage	Mean	SD
1	Inadequate	0-6	6	7.5%	15.00	3.21
2	Moderate	7-13	20	25%		
3	Adequate	14-20	54	67.5%		

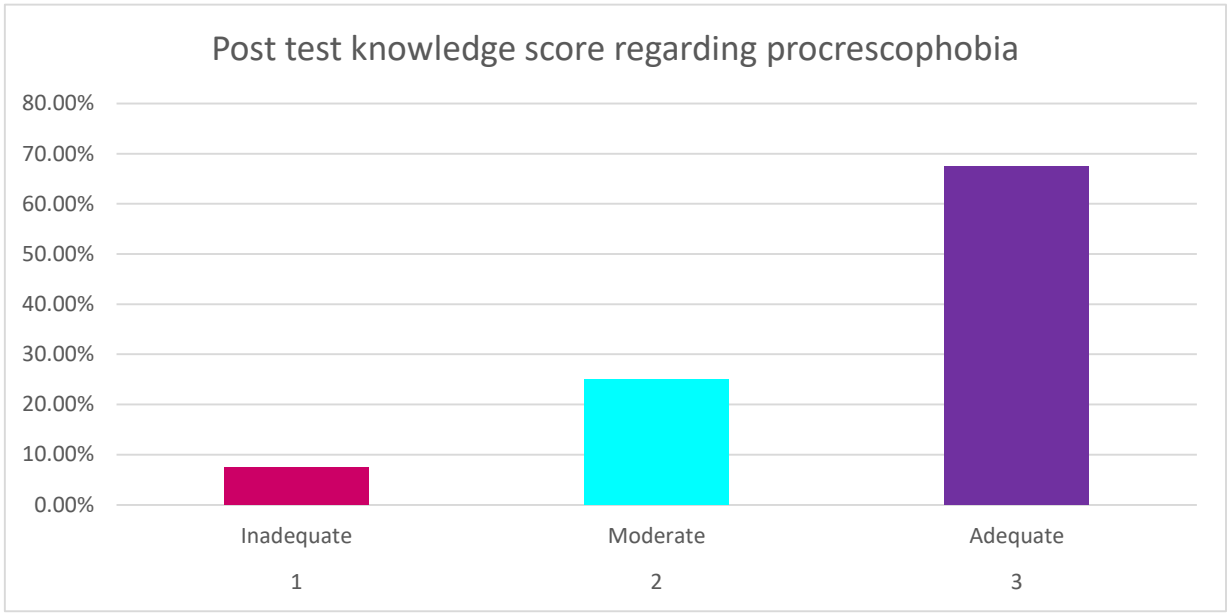

Figure 4.8 Post test knowledge score regarding Procrescophobia wise classification of samples The data in above figure shows 7.5% samples have inadequate knowledge regarding Procrescophobia, 25% samples have moderate knowledge regarding Procrescophobia and 67.5%% samples have adequate knowledge regarding Procrescophobia.

SECTION–4 Assessment of effectiveness of structured teaching program on procrescophobia.

Table-9 Assessment of effectiveness of structured teaching program on procrescophobia.

Particular	Mean	SD	SEM	T test	P value
Pre test	7.00	5.51	0.62	14.6524	P<0.0001
Post test	15.00	3.21	0.36		

The table no. 4.9 shows that on pre-test and post-test observation, the mean pre-test knowledge score was lower when it compared with post-test mean score observations. It shows that after structured teaching program on procrescophobia among adolescents. knowledge was improved. The statistical paired t test value was 14.6524 with 79 degree of freedom it was found statistically significant at 0.05% level. It concludes at 5% level of significance and 79 degrees of freedom that the above data gives sufficient evidence to conclude that after receiving structured teaching program it was effective in improving the knowledge of adolescents. Hence reject null hypothesis and accept research hypothesis.

SECTION–5: Association of pretest knowledge regarding procrescophobia with demographic variables.

Table-10 Association of pretest knowledge regarding procrescophobia with demographic variables.

Sr. No.	Demographic variables	Pretest Knowledge score regarding Procrescophobia			DF	Chi square value	P value	Result
		Inadequate (0-6)	Moderate (7-13)	Adequate (14-20)				
1	Age							
	13-15 years	18	14	12	2	4.310	0.1159	Not significant
	16-18 years	22	10	4				
2	Gender							
	Male	22	8	8	2	2.874	0.2376	Not significant
	Female	18	16	8				
3	Type of family							
	Nuclear family	20	12	8	4	7.059	0.1328	Not significant
	Joint family	14	12	8				
	Extended family	6	0	0				
4	Religion							
	Hindu	26	22	12	4	9.756	0.0447	**Significant**
	Muslim	12	0	4				
	Other	2	2	0				
5	Occupation of parents							
	Private	30	20	10	4	10.000	0.0404	**Significant**
	Government	4	2	6				
	Other	6	2	0				
6	Family income							
	Less than 10000	30	18	6	4	26.217	0.0001	**Significant**
	10000-30000	8	6	2				
	Above 30000	2	0	8				

In the present study it shows that there is significant association between pretest knowledge score regarding Procrescophobia with religion, occupation of parents and family income.

There is not significant association between pretest knowledge score regarding Procrescophobia with age , gender and type of family.

SECTION–6: Association of posttest knowledge regarding procrescophobia with demographic variables.

Table-11 Association of posttest knowledge regarding procrescophobia with demographic variables.

Sr. No.	Demographic variables	Pretest Knowledge score regarding Procrescophobia			DF	Chi square value	P value	Result
		Inadequate (0-6)	Moderate (7-13)	Adequate (14-20)				
1	Age							
	13-15 years	4	10	30	2	0.539	0.7638	Not significant
	16-18 years	2	10	24				
2	Gender							
	Male	4	14	20	2	7.315	0.0258	**Significant**
	Female	2	6	34				
3	Type of family							
	Nuclear family	6	10	24	4	6.935	0.1394	Not significant
	Joint family	0	8	26				
	Extended family	0	2	4				
4	Religion							
	Hindu	6	10	44	4	9.877	0.0426	**Significant**
	Muslim	0	8	8				
	Other	0	2	2				
5	Occupation of parents							
	Private	6	14	40	4	2.474	0.6493	Not significant
	Government	0	4	8				
	Other	0	2	6				
6	Family income							
	Less than 10000	6	14	36	4	3.230	0.5201	Not significant
	10000-30000	0	4	12				
	Above 30000	0	2	6				

In the present study there is significant association between post test knowledge score regarding Procrescophobia with gender and religion.
There is not significant association between posttest knowledge score regarding Procrescophobia with age, type of family, occupation of parents and family income.

MAJOR FINDINGS OF THE STUDY:

1. **Description of samples according to their demographic data.**

I. 55% samples are in age group 13-15 years and 45% of samples are in age group 16-18 years
II. 47.5% of samples are male and 52.5% samples are female.
III. 50% sample are from nuclear family, 42.5% samples are from joint family and 7.5% of samples are from extended family.
IV. 75% samples are Hindu, 20% samples are Muslim and 5% samples are from other religion.
V. 75% parents have private job, 15% parents have government job and 10% parents have other job.
VI. 67.5% have less than 10000 monthly family income, 20% have 10000-30000 monthly family income and 10% have monthly family income more than 12.5%

2. **Description of samples according to their pretest knowledge score regarding over procrescophobia.**

- 50% samples have inadequate knowledge regarding Procrescophobia, 30% samples have moderate knowledge regarding Procrescophobia and 20% samples have adequate knowledge regarding Procrescophobia.

3. **Description of samples according to their post test knowledge score regarding Procrescophobia.**

- 7.5% samples have inadequate knowledge regarding Procrescophobia, 25% samples have moderate knowledge regarding Procrescophobia and 67.5%% samples have adequate knowledge regarding Procrescophobia.

4. **Assessment of effectiveness of structured teaching program on procrescophobia.**

- pre-test and post-test observation, the mean pre-test knowledge score was lower when it compared with post-test mean score observations. It shows that after structured teaching program on procrescophobia among adolescents. knowledge was improved. The statistical paired t test value was 14.6524 with 79 degree of freedom it was found statistically significant at 0.05% level. It conclude at 5% level of significance and 79 degrees of freedom that the above data gives sufficient evidence to conclude that after receiving structured teaching program it was effective in improving the knowledge of adolescents. Hence reject null hypothesis and accept research hypothesis.

5. **Association of pretest knowledge regarding procrescophobia with demographic variables**

- In the present study it shows that there is significant association between pretest knowledge score regarding Procrescophobia with religion, occupation of parents and family income.
- There is not significant association between pretest knowledge score regarding Procrescophobia with age , gender and type of family.

6. **Association of post test knowledge regarding procrescophobia with demographic variables.**

- In the present study there is significant association between post test knowledge score regarding Procrescophobia with gender and religion.
- There is not significant association between post test knowledge score regarding Procrescophobia with age, type of family, occupation of parents and family income.

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