

A STUDY TO EVALUATE THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING PREVENTION OF URINARY TRACT INFECTION AMONG URBAN WOMEN IN SELECTED COMMUNITY OF LUCKNOW DISTRICT, U.P.

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ABSTRACT

Introduction: Urinary tract infections (UTI's) are among the most prevalent bacterial infections affecting women globally. These infections, primarily caused by *Escherichia coli*, can impact various parts of the urinary system, including the bladder, urethra, and kidneys. Women are particularly susceptible due to anatomical and physiological factors, such as a shorter urethra and its proximity to the anus, facilitating easier bacterial entry.

Objectives: 1. To evaluate the Effectiveness of Planned Teaching Programme on Knowledge Regarding Prevention of Urinary Tract Infection among Urban Women 2. To determine the association of pretest knowledge scores regarding Urinary Tract Infection among Urban Women with their selected demographic variables.

Material and methods: A quantitative research approach with a Pre-experimental One group pre-test–post-test design was adopted. The study was conducted among 50 urban women and selected through a non-probability convenient sampling technique. Data were collected using a structured knowledge questionnaire. After the pre-test, the Planned Teaching Programme was administered to the urban women. A post-test was conducted after seven days using the same tools. Data were analyzed using descriptive and inferential statistics, including frequency, percentage, mean, standard deviation, Chi-square test, and Karl Pearson's correlation coefficient. **Result:** The findings demonstrated that the entire subject in the group had inadequate knowledge in the pre-test. Further, all the subjects in the post test develop adequate knowledge following the administration of the structured training program. The mean pre- test knowledge score was 7.74 of the urban women was less than the mean post – test knowledge score that is 12.68 with the mean difference

of 4.94 at 0.05 level of significance. **Conclusion:** The study concluded that the planned teaching programme was highly effective in enhancing the knowledge of urban women regarding Urinary Tract Infection. The difference between pre-test and post-test knowledge scores was found to be statistically significant, education plays a vital role in improving awareness.

Keywords: Evaluate, Effectiveness, Planned Teaching Programme, Urinary Tract Infection & Community.

INTRODUCTION:

Urinary tract infections (UTI's) are among the most prevalent bacterial infections affecting women globally. These infections, primarily caused by *Escherichia coli*, can impact various parts of the urinary system, including the bladder, urethra, and kidneys. Women are particularly susceptible due to anatomical and physiological factors, such as a shorter urethra and its proximity to the anus, facilitating easier bacterial entry.

In India, UTI's pose a significant public health concern, with women of reproductive age being especially vulnerable. Factors contributing to this increased risk include inadequate personal hygiene practices, delayed urination, improper wiping techniques, and lack of awareness about preventive measures. Such infections can lead to severe complications if left untreated, including kidney damage and recurrent infections, thereby affecting women's overall health and quality of life.

Educational interventions, particularly planned teaching programmes (PTPs), have been identified as effective tools in enhancing knowledge and promoting health- positive behaviors among communities. A study conducted among female patients in a hospital setting demonstrated that a structured teaching programme significantly improved participants' knowledge about UTI's and their prevention. Similarly, research among adolescent girls highlighted the positive impact of health education on their understanding and practices related to UTI prevention.

Given the success of such interventions in various settings, implementing a PTP in the community setting of Lucknow district could be instrumental in bridging the knowledge gap regarding UTI prevention. By equipping women with accurate information and practical skills, such programmes can empower them to make informed decisions about their health, thereby reducing the prevalence of UTI's and enhancing community well-being. This study aims to evaluate the effectiveness of a planned teaching programme on enhancing knowledge regarding the prevention of urinary tract infections among women in a selected community of Lucknow district. Through this research, we seek to assess the impact of structured health education on women's awareness and practices concerning UTI prevention, thereby contributing to the development of targeted educational strategies for public health improvement.

Need for the study

Urinary tract infections (UTI's) are among the most common bacterial infections affecting women, with studies indicating that over 50% of women experience at least one UTI in their life time. In India, the prevalence is notably high, particularly among women of reproductive age. Factors such as anatomical differences, hormonal changes, and behaviors like improper hygiene practices contribute to the higher susceptibility of women to UTI's.

The consequences of untreated UTI's can be severe, leading to complications such as kidney damage, recurrent infections, and increased healthcare costs. Therefore, preventive measures are crucial in reducing the incidence of UTI's among women.

Approximately 400 million UTI cases occur each year. They are more common in women than men, and are the most common bacterial infection in women. Up to 10% of women have a urinary tract infection in a given year, and half of women have at least one infection at some point in their lifetime. They occur most frequently between the ages of 16 and 35 years. Recurrences are common. Urinary tract infections have been described since ancient times with the first documented description in the Ebers Papyrus.

Personal experience of the investigator and review of literature revealed that lack of adequate knowledge and hygienic practices are most common causes for urinary tract infection among adolescent girls. Nurses being the part of health team have responsibility to educate the adolescent girls and show correct pathway to prevent urinary tract infection. Hence, the above-mentioned factors motivated the investigator to undertake the study.

STATEMENT OF THE PROBLEM

A Study to Evaluate the Effectiveness of Planned Teaching Programme on Knowledge Regarding Prevention of Urinary Tract Infection among Urban Women in Selected Community of Lucknow District, U.P.

OBJECTIVES OF THE STUDY

1. To evaluate the Effectiveness of Planned Teaching Programme on Knowledge Regarding Prevention of Urinary Tract Infection among Urban Women.
2. To determine the association of pretest knowledge scores regarding Urinary Tract Infection among Urban Women with their selected demographic variables.

RESEARCH METHODOLOGY

Research Approach:

A quantitative approach was adopted to determine the research study.

Research Design:

Pre-experimental one group pretest post test design was used for the study.

Setting of the Study:

The setting of the study was community urban women residing in the selected area of Lucknow district.

Population:

The population for this present study includes community urban women residing in the selected area of Lucknow district.

Sample Size:

The sample size of the present study was 50 urban women.

Sampling Technique:

Non probability convenient sampling technique was adopted for this study.

Inclusion criteria:

- Women residing in the selected community area of Lucknow district.
- Women who are willing to participate in the study.
- Women who are able to understand and communicate Hindi
- Women who are available during the data collection period.

Exclusion criteria:

- Women who are not willing to participate.
- Women who are not available at the time of data collection.
- Women who are unable to understand Hindi and English.

Variables of the Study:

I. INDEPENDENT VARIABLE

Planned Teaching Programme regarding Prevenetion of Urinary Tract Infection.

II. DEPENDENT VARIABLE

Knowledge of urban women in selected community people of Lucknow district.

III. DEMOGRAPHICAL VARIABLES: Age of the women, Religion, Educational qualification, Residence, Occupational status, Type of family, Sources of information & Types of toilet facility used.

Description of the Tool:

The tools used for the study consisted of two sections:

Part A- Demographic variable- Age of the women, Religion, Educational qualification, Residence, Occupational status, Type of family, Sources of information & Types of toilet facility used.

Part B –Structured knowledge questionnaire to assess the knowledge of urban women in selected community of Lucknow district regarding Prevenetion of Urinary Tract Infection.

RESULTS

Table No 1. Analysis of effectiveness of pre-tests core among urban women of Lucknow district.

PRE-TEST LEVEL OF KNOWLEDGE AMONG URBAN WOMEN

S.NO	LEVEL OF KNOWLEDGE AND GRADING		PRE TEST N-50	PERCENTAGE
	SCORE	GRADING		
1	0-50%	INADEQUATE	30	60%
2	51-75%	MODERATE	14	28%

3	76-100%	ADEQUATE	06	12%
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Maximum Score -30

Table shows that in pre-test inadequate knowledge 30 (60%) and moderate 14 (28%) and adequate 06 (12%) level of knowledge among urban women in Lucknow district.

Table No. 2. Analysis of effectiveness of post – tests core among urban women of Lucknow district.

POST TEST LEVEL OF KNOWLEDGE AMONG URBAN WOMEN

S.NO	LEVEL OF KNOWLEDGE AND GRADING		POSTTEST N-50	PERCENTAGE
	SCORE	GRADING		
1	0-50%	INADEQUATE	04	08%
2	51-75%	MODERATE	12	24%
3	76-100%	ADEQUATE	34	68%

Maximum Score -30

Table shows that in post test adequate knowledge 34 (68%) and moderate 12 (24%) and inadequate 04(08%) level of knowledge among urban women in Lucknow district.

Table No.3. Comparison of effectiveness of pre- test and post-test score among urban women of Lucknow district.

S.NO	LEVEL OF KNOWLEDGE AND GRADING		PRE TEST	POST TEST
	SCORE	GRADING		
1	0-50%	INADEQUATE	60%	08%
2	51-75%	MODERATE	28%	24%
3	76-100%	ADEQUATE	12%	68%

Table No.4. Analysis of effectiveness of pre test and post test score among urban women of Lucknow district

TEST	MEAN	SD	MEAN DIFFERENCE	T-Value
PRE-TEST	7.74	3.850	4.94	5.86
POST-TEST	12.68	2.84		

df=49

The t- test was used to find out effectiveness of pre-test and post- test knowledge score and demographic variables and t-value 5.86 suggest that structured teaching programme was effectiveness as here is increase in the level of knowledge score among urban women of Lucknow district.

RECOMMENDATIONS FOR FUTURE RESEARCH:

Based on the findings of the present study, the following recommendations are made:

- The present study was conducted among a limited sample of urban women in selected communities of Lucknow district. Therefore, a similar study may be replicated on a larger sample covering different urban and rural areas.
- A larger sample size would increase the reliability and generalizability of the findings and provide a more comprehensive understanding of the knowledge and preventive practices related to Urinary Tract Infection among women belonging to different socio-demographic backgrounds.
- Further experimental or quasi-experimental studies may be undertaken to assess not only the level of knowledge but also the attitude and preventive practices regarding Urinary Tract Infection among urban women. Such studies can evaluate the effectiveness of various educational interventions in bringing about positive behavioral changes and improving long-term health outcomes.
- Future researchers may also replicate similar studies using different educational strategies and teaching methods. Besides the Planned Teaching Programme (PTP), interventions such as computer-assisted learning modules, audiovisual presentations, mobile health (mHealth) applications, educational manuals, self-instructional booklets, pamphlets, demonstrations, group discussions, role plays, and community awareness campaigns can be utilized. Comparative studies can be conducted to determine which educational strategy is most effective in improving knowledge retention and promoting healthy practices related to UTI prevention.
- Longitudinal studies are recommended to evaluate the sustained impact of educational interventions over an extended period.

CONCLUSION:

The present study concluded that the planned teaching programme was highly effective in enhancing the knowledge of urban women regarding Urinary Tract Infection. The difference between pre-test and post-test knowledge scores was found to be statistically significant, education plays a vital role in improving awareness.

Hence, it is recommended that similar planned teaching programmes should be conducted regularly by healthcare professionals at the community level to increase awareness and promote preventive practices regarding Urinary Tract Infection. This will help in reducing the incidence of UTI and its complications among women.

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