

A study to assess the effectiveness of information booklet regarding the importance of physical activity among the geriatric members of selected rural area of Kanpur, UP.

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Abstract

Exercising is most essential for proper health and fitness. Moreover, it is essential for every sphere of life. Especially today's youth need to exercise more than ever. It is because the junk food they consume every day can hamper their quality of life. Objectives of the study was 1. To Assess the existing level of knowledge regarding importance of physical activity among the geriatric members at selected Rural area of Kanpur Uttar Pradesh. 2. To evaluate the effectiveness of Information Booklet knowledge regarding importance of physical activity among the geriatric members at selected Rural area of Kanpur Uttar Pradesh. 3. To find out the association between the pre-test knowledge score regarding importance of physical activity among the geriatric members at selected Rural area of Kanpur Uttar Pradesh with their selected Socio demographic variables. The research approach adopted for the study was Quantitative Evaluative Research Approach. Total sample size was 60. Result was In pre-test out of 60 15 (25%) were having inadequate knowledge, 42 (70%) were having moderately adequate knowledge, 3 (5%) were having adequate knowledge in pre-test. While in in post-test out of 60 of geriatric members 5 (8%) were having inadequate knowledge, 43 (72%) were having moderately adequate knowledge, 12 (20%) were having adequate knowledge in post-test.

Introduction

Exercising is most essential for proper health and fitness. Moreover, it is essential for every sphere of life. Especially today's youth need to exercise more than ever. It is because the junk food they consume every day can hamper their quality of life.

If you are not healthy, you cannot lead a happy life and won't be able to contribute to the expansion of society. Thus, one needs to exercise to beat all these problems. But, it is not just about the youth but also about every member of the society.

These days, physical activities take places in colleges more than often. The professionals are called to the campus for organizing physical exercises. Thus, it is a great opportunity for everyone who wishes to do it.

Just like exercise is important for college kids, it is also essential for office workers. The desk job requires the person to sit at the desk for long hours without breaks. This gives rise to a very unhealthy lifestyle.

They get a limited amount of exercise as they just sit all day then come back home and sleep. Therefore, it is essential to exercise to adopt a healthy lifestyle that can also prevent any damaging diseases.

Need of The Study

Exercise has a lot of benefits in today's world. First of all, it helps in maintaining your weight. Moreover, it also helps you reduce weight if you are overweight. It is because you burn calories when you exercise.

Further, it helps in developing your muscles. Thus, the rate of your body will increases which helps to burn calories. Moreover, it also helps in improving the oxygen level and blood flow of the body.

When you exercise daily, your brain cells will release frequently. This helps in producing cells in the hippocampus. Moreover, it is the part of the brain which helps to learn and control memory.

The concentration level in your body will improve which will ultimately lower the danger of disease like Alzheimer's. In addition, you can also reduce the strain on your heart through exercise. Finally, it controls the blood sugar levels of your body so it helps to prevent or delay diabetes.

OBJECTIVES

1. To Assess the existing level of knowledge regarding importance of physical activity among the geriatric members at selected Rural area of Kanpur Uttar Pradesh.
2. To evaluate the effectiveness of Information Booklet knowledge regarding importance of physical activity among the geriatric members at selected Rural area of Kanpur Uttar Pradesh.
3. To find out the association between the pre-test knowledge score regarding importance of physical activity among the geriatric members at selected Rural area of Kanpur Uttar Pradesh with their selected Socio demographic variables.

HYPOTHESIS

H01- There is no significant difference between pre-test & post-test knowledge score regarding importance of physical activity among the geriatric members at selected Rural area of Kanpur Uttar Pradesh at selected Rural area of Kanpur Uttar Pradesh.

H02- There is no significant association between pre-test knowledge score on importance of physical activity among the geriatric members at selected Rural area of Kanpur Uttar Pradesh with their selected Socio demographic variables.

H1- There is a significant difference between pre-test & post-test knowledge score importance of physical activity among the geriatric members at selected Rural area of Kanpur Uttar Pradesh.

H2- There is no significant association between pre-test knowledge score on importance of physical activity among the geriatric members at selected Rural area of Kanpur Uttar Pradesh with their selected Socio demographic variables.

METHODOLOGY

Research Approach

The research approach adopted for the study was Quantitative Evaluative Research Approach.

Research Design

The research design adopted for the study was Quasi Experimental One Group Pre-Test Post-Test Research Design.

Population

The population for the study was geriatric members.

Sample

In this study, the sample was the adolescent girl in selected Rural area Mandhana Kanpur, Uttar Pradesh.

Sample Size

In this study sample size was 60 geriatric members.

RESULTS

Association Between the Level of Pre-Test Knowledge Score of Geriatric Members With Their Selected Socio Demographic Variables

Table No. 15: Association between the level of pre-test knowledge score of Geriatric Members with their selected Socio demographic variables

S.NO.	Demographic variables	Inadequate Level of Knowledge (0-10)	Moderately Adequate Knowledge (11-20)	Adequate Level of Knowledge (21-30)	Chi Square Value	Significant Or Non-significant
1.	Age in year				$\chi^2 = 14.42$	S
	60-65year	0	7	0	df =6	
	66-70year	6	9	0	P=0.05	
	71-75year	7	15	0	T= 12.592	
	>76year	3	11	2		

2. Education

Primary class	2	8	2	$\chi^2=13.964$	S
10 th class	2	10	0	df=6	
12 th class	4	19	1	P=0.05	
Graduation Undergoing	7	6	0	T=12.592	

3. HEALTH STATUS

Healthy	10	36	3	$\chi^2=3.407$	NS
Unhealthy	4	7	0	df=2	
				P=0.05	
				T=5.991	

4. Family income

<10,000/-	2	10	0	$\chi^2=7.5$	NS
10001/--20000/-	8	19	3	df=6	
20001/--50000/-	4	11	0	P=0.05	
50001/-&above	1	2	0	T=12.592	

5. Type of family

Nuclear family	7	26	2	$\chi^2=2.285$	
Joint family	6	10	1	df=6	NS
Extended family	2	4	0	P=0.05	
Other	0	2	0	T=12.592	

6. Religion

Hindu	11	38	3	$\chi^2=5.883$	
Muslim	3	1	0	df=6	NS
Christian	1	3	0	P=0.05	
Others	0	0	0	T=12.592	

Comparison of Pre-Test and Post-Test Level of Knowledge importance of physical activity Among geriatric members.

Table No. 13: Comparison of pre-test and post-test level of knowledge regarding importance of physical activity among geriatric members.

n = 60

S.NO.	KNOWLEDGE SCORE	MEAN	MEAN DIFFERENCE	MEAN PERCENTAGE	STANDARED DEVIATION
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1.	PRE-TEST	12.5	48%	5.5
				4
2.	POST-TEST	16.5	52%	4.7

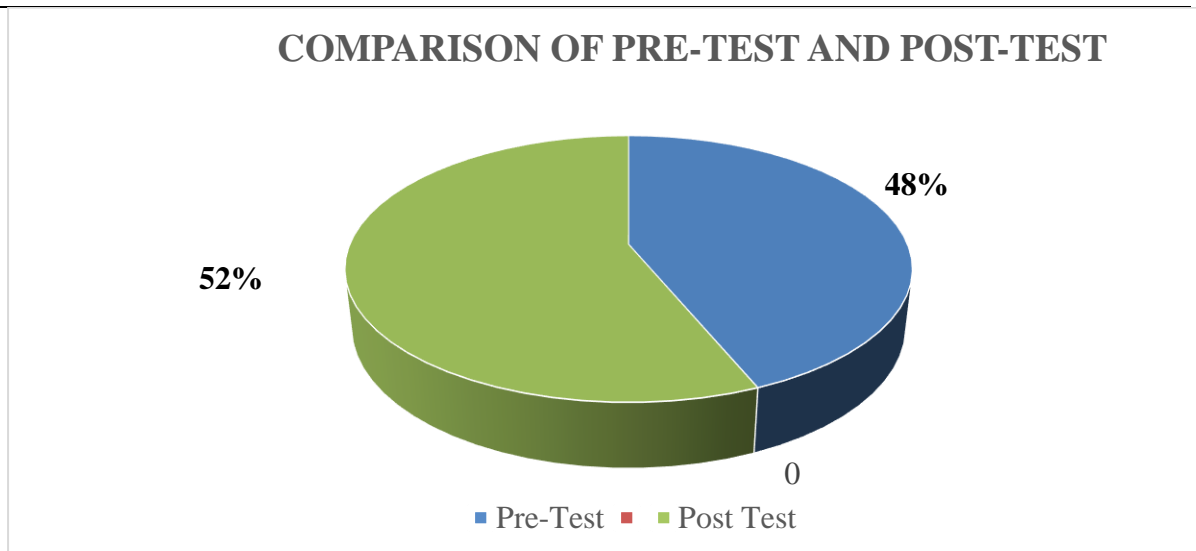


Fig No. 10: Pie diagram showing percentage wise distribution of pre-test and post-test level of knowledge importance of physical activity.

Above (Table No. 13, Fig No.10) The pie diagram shows that the mean of pre-test is 12.5 and post-test is 16.5; mean percentage of pre-test is 48% and post-test is 52%;

standard deviation of pre-test is 5.5 and post-test is 4.7, mean difference is 4. Thus, it is showing that post-test mean score is higher than pre-test mean score.

DISCUSSION

The discussion chapter shows that after giving the information booklet to 60 geriatric members, their knowledge regarding importance of physical activity was increased than before. In pre-test majority of the sample was having moderate and inadequate knowledge and some were adequate knowledge too. But in post-test, very less participants was having inadequate knowledge and moderate knowledge was increased and adequate knowledge level also increased Gardesil-9.

SUMMARY

The study was conducted “to assess the effectiveness of information booklet on knowledge regarding importance of physical activity among the geriatric members at selected rural area of Kanpur Uttar Pradesh.” In this study quantitative evaluative research approach and quasi-experimental one group pre-test post-test research design was used. Based on the inclusion criteria the sample size was selected by using Non-probability convenient sampling technique at rural area Mandhana Kanpur Uttar Pradesh.

As there were no standardized tools available, therefore based on the extensive review of literature, two research tools were developed for the data collection, one was a socio-demographic variable tool and second one was a knowledge assessment tool (self-structured knowledge questionnaire which consist 30 multiple choice questions regarding Gardesil-9). The time taken to complete the questionnaire was 4-6 days. Language was clearly understandable and appropriate.

CONCLUSION

The present study was aimed to assess the effectiveness of Information Booklet on knowledge Regarding importance of physical activity among geriatric members at selected Rural area of Kanpur Uttar Pradesh. The relevant data was collected and analyzed statistically based on the objectives of the study. Following conclusions were drawn. In pre-test knowledge regarding importance of physical activity, In pre-test out of 60 15 (25%) were having inadequate knowledge, 42 (70%) were having moderately adequate knowledge, 3 (5%) were having adequate knowledge in pre-test. While in in post-test out of 60 of geriatric members 5 (8%) were having inadequate

knowledge, 43 (72%) were having moderately adequate knowledge, 12 (20%) were having adequate knowledge in post-test.

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