"A Study To Evaluate The Effectiveness Of Planned Teaching Programme On Knowledge Regarding Cataract Among Old Age People Living At Aselected Area In Mehsana With A View Of Booklet Distribution."

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Abstract
INTRODUCTION
Eyes are one of the most important sensory Organ in human body as they render vision and the power to see. The people with visual impairedness feel that their life is incomplete as they can just feel, touch, and smell but cannot see. Cataract is leading cause of visual disability. Cataract is an eye disease, widely reported by older adults all over the world. It is a common cause of visual impairment affecting approximately 30% of people over 65 year of age. It is the clouding lens of eye which impedes transmission of light to inner part of the eye resulting in the loss of visual function. It often develops slowly and can affect one or both eyes. On visual inspection lens appear gray or milky.
The complete lack of form and visual light perception occurs in total blindness, which is clinically recorded as "NO LIGHT PERCEPTION"(NLP). WHO (2008) has a target towards vision 2020 to demolish blindness by the year 2020 with the mission of "THE RIGHT TO SIGHT". Cataract is a leading blindness condition in the 116 countries covered by the blindness data bank in the WHO program for the prevention of blindness. Cataract was indicated as the prime cause of blindness in 43.6% of the country. Despite being the leading cause of treatable blindness, the lack of awareness about the disease and its treatment is still a major hurdle in decreasing the blindness due to cataract in the developing countries especially in the rural areas.

Key Words: Knowledge , Effectiveness, informational booklet **,**cataract, old age people

INTRODUCTION:
Cataracts are the most leading cause of the restricted blindness. These are progressive Blurring, stiffness and yellowing of the normal transparent lens of the eye. It is the most common cause of blindness and visual impairment. Cataracts make blindness more vulgar in the general population and in underdeveloped country.
Globally prevalence of cataract estimates around 20 million people. Where cataract is the principle root of blindness all over the world responsible for 47.8% of blindness. The only treatment for cataract is surgery. Cataract is a state of eyes in which lens of the eye socket Become cloudy causing poor vision, mostly tough to notice the fine particulates.Globally, cataract accounts for almost half (47%) of the world blindness. In India cataract has been reported to be responsible for 50-80% of the bilateral blindness in our country.
The basic mechanism of cataract is the deposition of proteins or Yellow, brown pigments in the lens, which lessen the scattering of light from the retina to the back of the eye. Loss of vision due to cataract is generally very slow.

RESEARCH STATEMENT:
"A study to evaluate the effectiveness of planned teaching programme on knowledge regarding cataract among old age people living at a selected area in mehsana with a view of booklet distribution.

OBJECTIVES OF THE STUDY:
1. Assess the knowledge of the old age people regarding cataract before plan teaching programme and distributing booklet regarding cataract
2. Assess the knowledge of the old age people regarding cataract after plan teaching programme and distributing booklet regarding cataract

HYPOTHESIS:
H_1 . There will be a significant improvement on the knowledge of old age people regarding cataract after plan teaching programme and distributing booklet regarding cataract
H_2 . There will be a significant association on knowledge of old age people regarding cataract with selected demographic variables

RESEARCH APPROACH: Quantitative research approach used in this research project.

RESEARCH DESIGN: One group pre test, post test Research design.

Group	Pre- test	Treatment	Post-test
One group	01	(X)	02 knowledge
(Quasi experimental)			

O1 X O2 → →
Pretest Intervention Post test

[Figure: Quasi experimental one group Pretest / Post test research

design] 01= pretest Asses knowledge regarding oral cancer.
X= given infometional booklet to the student.
02= post test asses knowledge regarding after giving informational booklet.

RESEARCH SETTING: Kamana and Kada village

TARGET POPULATION: Old age people of selected area of Mehsana district

SAMPLING TECHNIQUE: Non-probability convesive sampling technique is used for the this research project.

INCLUSIVE CEITERIA
- Elderly people who are living in selected villages.
- Elderly people who are willing to participate in this study.
- Elderly people who are present at time of data collection.

EXCLUSIVE CRITERIA
- Elderly people who are illiterate.
- Elderly people who are not present at time of data collection.
- Elderly people who are not willing to participate in the study

RESULT:
4.1. ANALYSIS AND INTERPRETATION OF DEMOGRAPHIC VARIABLES OF THE SAMPLES

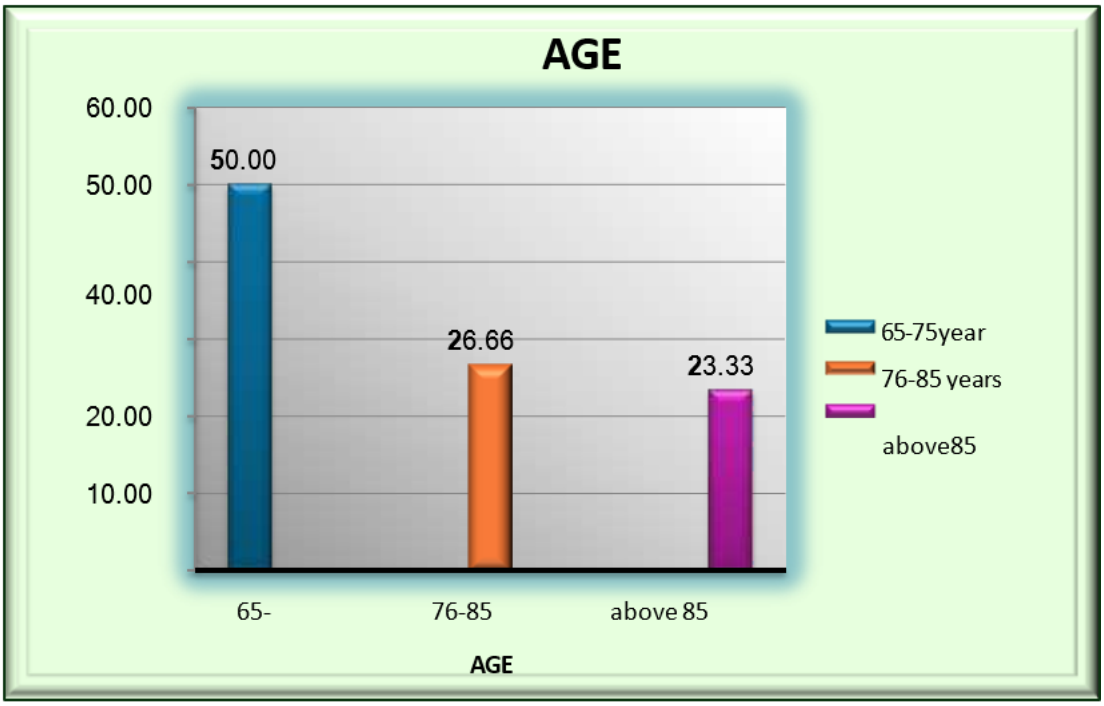
Table 4.1 Frequency and percentage wise distribution of sample based on demographic variables. (N=30)

Sr no	Demographic variable	frequency	percentage
1	Age 65 75 years 76-85 years Above 85 years	15 8 7	50.00% 26.66% 23.33%
2	Gender Male female	12 18	40.00% 60.00%
3	Religion Hindu Muslim Christian other	30 0 0 0	100.00% 0.00% 0.00% 0.00%

4	Educational level Primary Secondary Higher secondary Graduate	16 7 5 2	53.33% 23.33% 16.66% 6.66%
	Post graduate	0	0.00%
5	Are you previously belonging to medical / paramedical field? Yes No	2 28	6.66% 93.33%
6	Do you have previous knowledge about cataract disease? Yes No	5 25	16.66% 83.33%
7	Have you ever attended any educational program related to cataract disease? Yes No	1 29	3.33% 96.66%
8	Have you already diagnosed with cataract disease? Yes No	**0** 30	0.00% 100.00%

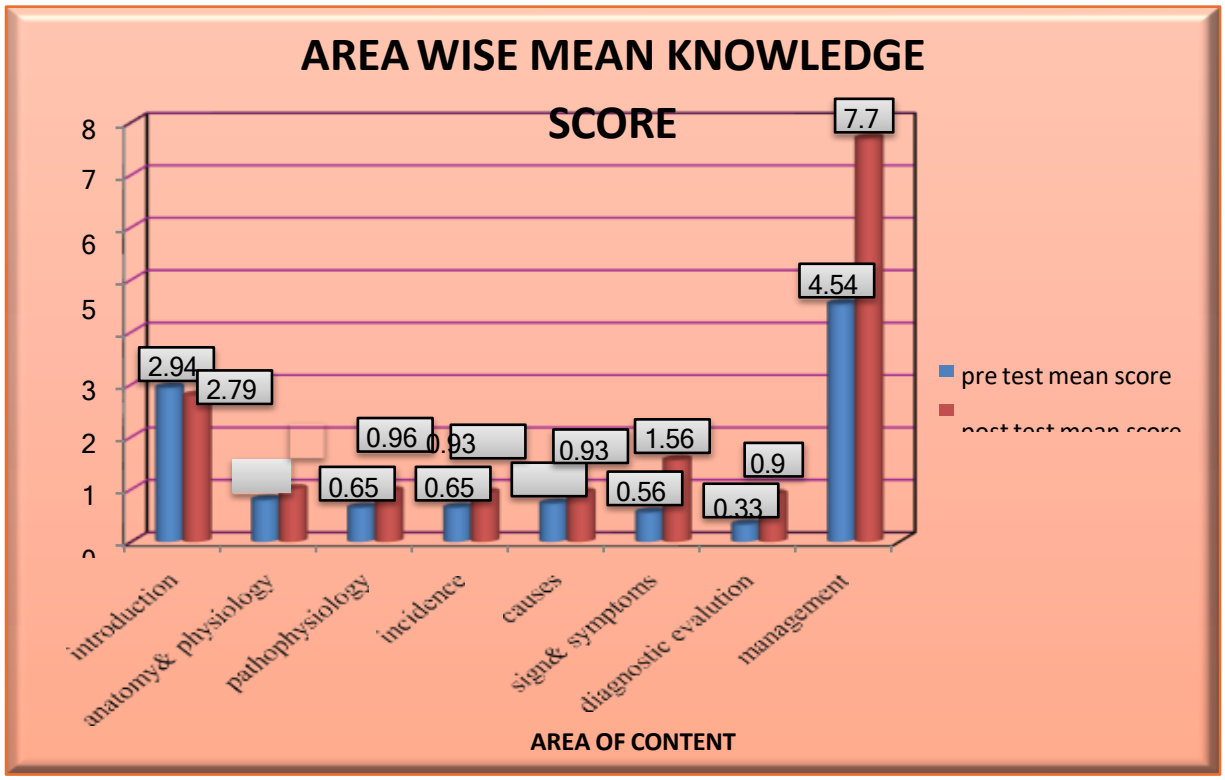
Table 4.1.1 shows that the distribution of sample by age:5(16.66%) sample belongs to 65-75years age group,15(50.00%)sample belong to 76-85age group,10(33.33%)sample belong to 85 above and 11(56)age group. As regarding to gender:12(40.00%%) sample were male and 18 (60.00%) sample were female

.According to religion :all 30 sample (100%) sample belongs to Hindu religion. As regarding Educational level:16(53.33%) sample belongs to primary,7(23.33%) sample belongs to secondary,5(16.66%)sample belongs to higher secondary,2(2.66%) sample belongs to Graduate& 0(0.00%) sample for post graduate. According to previously belonging to medical / paramedical filed:2(2.66%) sample belongs to medical/paramedical field&,28(93.33%) sample not belongs to medical/paramedical field.. According to previous knowledge about cataract disease:5(16.66%) sample had not previously knowledge &25(83.33%) sample had previous knowledge about cataract disease. According to attend any educational programme1(33.33%) sample were not attened&29(96.66)%. According to diagnosed with cataract disease : all 30(100.0%) sample were not diagnosed with cataract.



Area of content	Maximum score	Pre test		Post test		Gain %	Mean difference
		Mean score	Mean %	Mean score	Mean %		
Introduction	3	2.94	72.22%	2.79	93.33%	21.11 %	0.15
Anatomy& physiology	1	0.8	80.00%	1	100%	20%	0.2
Pathophysiology	1	0.65	56.66%	0.96	96.66%	40.36 %	0.31
incidence	1	0.65	56.66%	0.93	93.33%	36.67 %	0.28
Causes	1	0.73	73.33%	0.93	93.33%	20%	0.2
Sign% symptoms	2	0.56	28.33%	1.56	78.33%	50%	1
Diagnostic evaluation	1	0.33	33.33%	0.9	90%	56.67 %	0.57
management	10	4.54	45.66%	7.7	77.33%	31.67 %	3.16
Total	20	11.02	51.83%	16.77	83.33%	31.5%	5.75

Table 4.2 shows that the mean pre test knowledge score of area related to introduction was 2.94(72.22%) and mean post test knowledge score was 2.79(93.33%) with mean difference of 0.15. the mean pre test knowledge score of area related to anatomy& physiology was 0.8(80%) and mean post test knowledge score was 1(100%) with mean difference of 0.2. the mean pre test knowledge score of are related to incidence was 0.65(56.66%) and mean post test knowledge score was 0.93(93.33%) with mean difference of 0.28. that the mean pre test knowledge score of area related to Pathophysiology was 0.65(56.66%) and mean post test knowledge score was 0.96(96.66%) with mean difference of 0.31. the mean pre test knowledge score of area related t Causes was 0.73(73.33%) and mean post test knowledge score was 0.93(93.33%) with mean difference of 0.2. the mean pre test knowledge score of area related to Sign% symptoms was 0.56(28.33%) and mean post test knowledge score was 1.56(78.33%) with mean difference of 1. the mean pre test knowledge score of area related to Diagnostic evaluation was 0.33(33.33%) and mean post test knowledge score was 0.9(90%) with mean difference of 0.57. the mean pre test knowledge score of area related to management was 4.54(45.66%) and mean post test knowledge score was 7.7(77.33%) with mean difference of 3.16.



Discussion:

The present study was conducted to assess the effectiveness of planned teaching program on cataracts disease interns of knowledge among elderly people of selected area .The investigator had administered to planned teaching program to improve the knowledge of 30 sample. It mean revealed that the mean post test knowledge score was 16.7 higher than means pre test knowledge score 11.2 .which was statistically proved & it revealed that the planned teaching program on cataracts disease was effective in terms of knowledge among old age people of selected area .

CONCLUSION

The finding indicated that planned teaching program was an effective in improving knowledge regarding cataract disease. Among elderly people in selected area of mehsana, Gujarat state elderly people gained significance increase in knowledge shows that the teaching program was effective.

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