Effectiveness of Planned Teaching Programme on Knowledge Regarding Environmental Health among Women in Selected Setting, Chennai

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ABSTRACT

Environment is a major determinant of health of individual, family and community. Environmental health consists of preventing or controlling diseases, injury and disability related to interactions between people and their environment. Aim of the present study was to assess the effectiveness of planned teaching programme on knowledge regarding environmental health among women . Quasi experimental one group pretest and posttest design was used. Non.- probability convenient sampling technique was adopted . the result findings shows that pre test mean score of environmental health was 11.3 with SD of 3.85 and the post test mean score was 23. 9with SD of 1.19. There was a statistically significant increase in the overall knowledge regarding environmental health after structured teaching programme at $p<.00001$ level.

KEYWORDS: *Environment, health, women, planned teaching programme*

INTRODUCTION

The term environment has been derived from a French word "Environia" means 'to surround'. It refers to both a biotic (physical or non-living) and biotic (living) environment. The word environment means surroundings, in which organisms live. Sanitation is the hygienic means of promoting health through prevention of human contact with the hazards of wastes as well as the treatment and proper disposal of sewage or wastewater (Puja Mondal -2015)

Environmental factors and health effects

The connections between health and the environment, including air, water and food quality, are well known. However, the health effects from the environment are constantly changing. The recent understanding of the ways that multiple environmental factors influence health is essential for nurses to consider in their practice. For example, the average amount that individuals spend indoors is increasing, and indoor air quality may be considerably lower than it is outdoors, depending on the emissions from cooking and building Jand from material products like plastics (El-Batrawy, 2013). Toxic substances in the environment (e.g., air, water and soil) are causes and hastening agents of diseases and conditions such as cancer, affected by poor outdoor air quality (resulting in increases in mortality and morbidity from both cardiovascular and respiratory diseases), chemicals (implicated as a cause of cancer, neurotoxicity, developmental setbacks, as well as reproductive, respiratory, cardiopulmonary, psychological, hepatic, urinary or among other systemic diseases.3 Nurses are in a unique position to advocate for the adoption of health practices (e.g., physical activity) and interventions (e.g., reducing unnecessary medical and non-pharmacological products) that benefit the environment. Recent research on the impact of releasing medication and antibiotics into the waste stream revealed increases in antibioticresistant organisms in aquatic wildlife and humans (Wigle, 2003).

BACKGROUND OF THE STUDY:

About 2.4 billion people globally live under highly unsanitary conditions and have such poor hygiene behaviours that their exposure to risk of incidence and spread of infectious disease are enormous. Maintaining a healthy environment is central to increasing quality of life and years of healthy life. Globally 23%of all deaths and 26% of deaths among children under age 5 are due to preventable environmental factors. Hazards can be either physical, microbiological, biological and chemical agents of disease. Waste that can be cause health problems include human and animal excreta, solid wastes, domestic wastes water (sewage, sullage, grey water), industrial and agricultural waste

During the past years environmental hazards have become a major concern, not only to public health professionals, but

also to the society at large because of their tremendous health, sociocultural and economic impacts. Various anthropogenic or natural factors have been implicated in the alterations of ecosystem integrity as well as in the development of a wide variety of acute and /or chronic disease in humans

Scientific investigations have progressively refined our understanding of the influence of the environment on human health and the many adverse impacts that human activities exert on the environment, from the local to the planetary level. In the modern public era, health has been pursued as though our lives and lifestyles are disconnected from ecosystems and their component organisms.

NEED FOR THE STUDY:
Now a days the word environment is often being used by almost all people around as, on television and in newspapers. Everyone is speaking about the protection of environment since then the **" World environmental day"** is celebrated on 5th of June every year to act as a remainder of the persisting environmental problems, raise environmental issues and concerns work out action plans to protect and preserve environmental aspects. All this shows the increasing importance of environment. Besides it is the fact that life tied with the environment.

The inadequacy of the societal and public response to health inequities and especially global environmental and climate changes now calls for an ecological approach which addresses human activity in all its social, economic and cultural complexity. We see the continuing failure to truly integrate human health and environmental impact analysis as deeply damaging. So, the new approach must be integral to, and interactive with the natural environment.

The healthy people 2020 environmental health objectives focus on 6 themes each of which highlights an element of environmental health. They are,
➤ Outdoor air quality
➤ Surface and ground water quality
➤ Toxic substances and hazardous wastes
➤ Home and communities
➤ Infrastructure and surveillance
➤ Global environmental health

Creating healthy environment can be complex and relies to continuing research to better understand the effects of exposure to environmental hazards on people's health. Poor

environmental quality has its greatest impact on people whose health status is already at risk. Therefore, environmental health must address the societal and environmental factors that increase the likelihood of exposure and disease. Therefore, the aim of the present study is to see the effectiveness of planned teaching programme on knowledge regarding environmental health among women.

STATEMENT OF PROBLEM
Effectiveness of Planned teaching programme on knowledge regarding environmental health among women at selected setting, chennai.

HYPOTHESES
H1: There is a significant difference between pre-test and post-test level of knowledge and perception of covid 19 vaccination among adults

METHODOLOGY
The Study was quantitative approach in nature. 30 samples in the age group of 20- 59 years residing at kottivakkam Urban community area were selected as samples using non-probability purposive sampling technique. A self report was obtained and a structured questionnaire was used to collect data. The investigator had explained the purpose of the study to the samples and obtained consent from the sample. The demographic variable was collected from the samples and pretest level of knowledge was assessed by using structured interview questionnaire. The researcher spent around 15 minutes for each sample .Planned teaching programme was given. after 5days the post test was conducted with the same questionnaire for the samples. The data were analyzed with using descriptive and inferential statistics.

RESULTS AND DISCUSSION
Section -A Frequency and percentage distribution of the samples based on demographic variables
Majority (60%) of the samples were in the age group of 30-39years , (10%) of the samples were graduated, (63.3%) of them are married, (53.3%) of them are house wife, (63.3%) of them live in nuclear family,50%)of the samples had Rs.5000-10,000 as monthly family income,(43.3%) had dumping system of waste disposal, (96.6%) have closed drainage system , (86.6%) have tap as basic water source and (40%) of the samples got previous information through Newspaper.

Section -B
Table: 1 Frequency and Percentage distribution of pretest and posttest level of knowledge regarding Environmental Health among Women.

LEVEL OF KNOWLEDGE	PRE TEST		POST TEST	
	FREQUENCY	PERCENTAGE	FREQUENCY	PERCENTAGE
Inadequate knowledge	20	66.6	0	0
Moderate knowledge	9	30	0	**0**
Adequate knowledge	1	3.3	30	100

Table 1: shows that in pretest (66.6%) of the samples had inadequate knowledge,(30%) of the Samples had moderate knowledge, and(3.3%) of the samples had adequate knowledge

In post test, none of the samples had inadequate & moderate knowledge, (100%) of the samples had adequate knowledge.

The result findings was supported by Mamatha. S pai.,(2016) conducted a study on Descriptive Study to Assess the Knowledge and Practice Regarding Water, Sanitation and Hygiene among Women and the study findings revealed that out of 300 subjects, 40%had good knowledge, 42% had average knowledge and 18% had poor knowledge on water, sanitation and hygiene
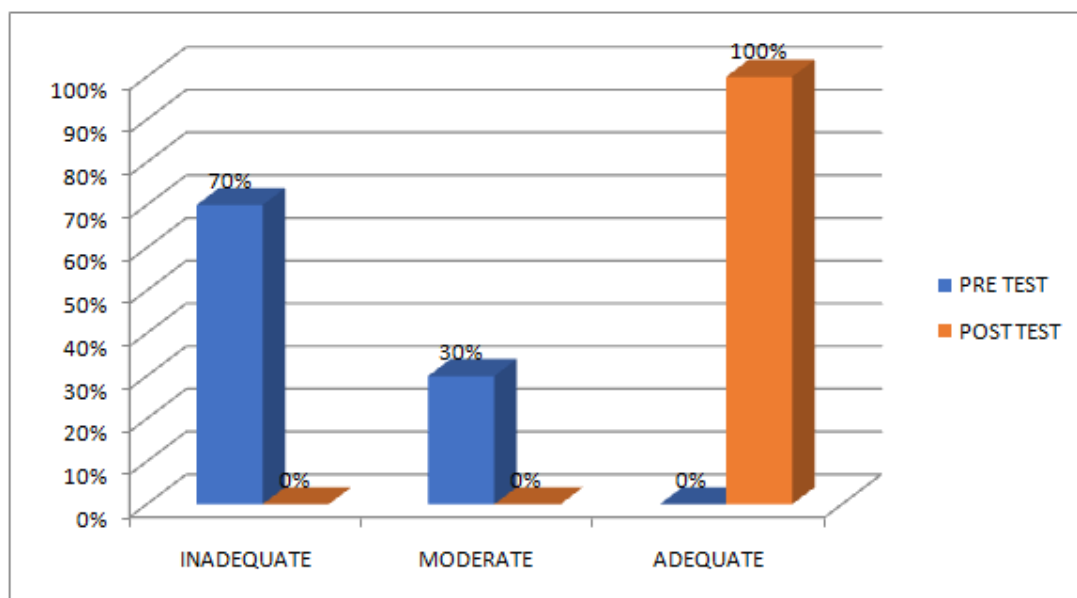
Fig -I Frequency and Percentage distribution of pretest and posttest level of knowledge regarding Environmental Health among Women.

Table -II Comparison of mean and standard deviation and t-test of pre test and post test knowledge score regarding environmental health among women

LEVEL OF KNOWLEDGE	MEAN	STANDARD DEVIATION	PAIRED t-test
PRE TEST	11.3	3.85	0.734
POST TEST	23.9	1.19	P=<.00001

*P<0.05, ** p<0.01, ***p<0.001, S – significant, NS – Non significant

Table II: showed that pre test mean score of environmental health was 11.3 with SD of 3.85 and the post test mean score was 23. 9with SD of 1.19. There was a statistically significant increase in the overall knowledge regarding environmental health after structured teaching programme at p<.00001 level.

The study findings was supported by B.Vanajakumari et al.,(2016) conducted a study on knowledge regarding environmental sanitation among women and the study findings shows that mean and standard deviation of level of knowledge regarding environmental sanitation mean was 12.94 and standard deviation was 4.87. There was a statistically significant association between level of knowledge and demographic variables of women such as age, educational status, and, monthly income and type of family and there was no statistically significant association with marital status, Occupation, Type of diet, religion and source of health information at 0.05 level.

Recommendations of the study:
On the basis of the findings of the study the following recommendations are being made.
➢ A similar study can be replicated on a large sample to generalize the findings.
➢ An experimental study can be conducted to assess the effectiveness of teaching programme on environmental Health.
➢ A similar study can be done on different settings.
➢ A comparative study can be undertaken to compare the knowledge regarding environmental Health among women between rural and urban areas.

Conclusion
Environment and development-related health effects are becoming of increasing concern world-wide, in both developing and developed countries. As problems become more complex and widespread, resources with which to tackle them are dwindling. New approaches needed to address the challenges must be based on integrated, holistic policy and planning mechanisms at all tiers of government, involving all relevant partners and sectors.Hence the present study results concluded that compared to level of knowledge in pretest there is a significant difference in level of knowledge after administrating the planned educational programme on Environmental Health among women.

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