

A Study to Assess the Effectiveness of Video Assisted Teaching Programme on Management and Prevention of Haemorrhoids among Transport Employers in a Selected Organization at Namakkal District, Tamilnadu

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Abstract:-

➤ Background of the Study

Haemorrhoids is a very common anorectal condition affects millions of people around the world, and represent a major medical problem. Multiple factors are involved for prone to get haemorrhoids, which includes constipation and prolonged straining

➤ Methodology

Pre-experimental research design with one group pre-post-test was used with 25 subjects. Non probability Sampling was used. In that convenience sampling was applied. Data turned into gathered with the aid of Semi Structured Questionnaire, & analyzed with the use of descriptive and inferential statistical in phrases of Mean, frequency distribution, percentage 't' test and chi-square test.

➤ Results

The overall findings revealed that after intervention post-test mean knowledge score 29.45 with SD ± 1.84 which is 88% of total score was more when compared to the pre-test mean knowledge score 21.9 with SD ± 2.73 which is 48% of total score. The overall effectiveness of VATP on management and prevention of hemorrhoids, obtained 't' value 14.774 was higher than the table value at 0.01 level of significance. Therefore, 't' value was found to be significant. Hence it indicates that VATP was effective in enhancing knowledge of drivers regarding management and prevention of hemorrhoids.

➤ Interpretation and Conclusion

The Investigator identified that VATP on knowledge regarding management and prevention of haemorrhoids among transport drivers were logical and cost effective strategy.

Keywords: Hemorrhoids, Anorectal, Video Assisted Teaching Programme, Transport Employees.

I. INTRODUCTION

Tomorrow is the only day in the year that appeals to a lazy man

Haemorrhoids are very common diseases of the anal region and constitutes about 50% of colorectal investigations. Haemorrhoids if untreated can potentially pose serious medical problems and can also be a symptom of a bigger problem. Haemorrhoid, commonly known as piles, is well known by its symptoms such as per rectal bleeding, mass coming out during defecation, mucus discharge and other systemic problems such as anemia and general weakness⁴.

Its incidence can be seen at any age and in both genders equally. The prevalence rate of haemorrhoids shows that 50-85% of public in and around the world. In worldwide, the general prevalence of hemorrhoids in the Population is estimated to be 4.4%. In India 75% of the population was affected with anorectal disorder it is mostly affected among the transport employees. Disease of the rectum and anus are common phenomenon in most of the drivers².

Haemorrhoids are caused by number of factors. Genetic predisposition, straining during bowel movements, a sedentary life style, pressure on his rectal veins due to poor posture. Haemorrhoids are usually not painful and most people are unaware of its presence in their body. UN treated hemorrhoid are more prone to cause thrombosis, hemorrhage, prolapsed, fissures, and anal melanoma⁵.

II. NEED FOR STUDY

Hemorrhoids are an extremely important common lower GIT disorder among adult and old age. Most of the Study identified that as much as half of population over 40 years of age suffering from mild to severe bleeding from this problem⁴.

Haemorrhoids are common diagnosis among the commercial motorcyclists. Prolonged Cycling more often irritates the anal area. Some Studies shown that long sitting occupation, which duration of daily sitting hours is from 08 hours to 16 hours varied among different occupation. Data have shown that higher incidence was found in motorcycle riders (33.6%) long vehicle drivers (13.9%) computer operators (11.1%) students (8.8%) tailors/related work (7.9%) and store keepers (4.1%)¹⁰

In united states 47 per 1000 new cases were reported in the age group of 45-65yrs, it is estimated that 50-85% of people around the world have hemorrhoids. In India 75% of the population is estimated prone to get haemorrhoids.¹²

The researcher felt that haemorrhoids is very common among the people who are prolonged sitting and doing occupation or mostly affected by piles. So the investigator identified that Number of cases in the working area of organization. The researcher interested to do the study among transport employees and to educating regarding management the prevention of hemorrhoids⁷.

III. STATEMENT OF THE PROBLEM

“A Study to Assess the Effectiveness of Video Assisted Teaching Programme on Management and Prevention of Haemorrhoids among Transport Employees in a Selected Organization in Namakkal District, Tamilnadu”

❖ Objectives:

- To assess the level of knowledge regarding Management and prevention of haemorrhoids among transport employees.
- To Evaluate the effectiveness of video-assisted teaching programme regarding Management and prevention of haemorrhoids among transport employees.
- To compare the association between posts test knowledge score & selected socio demographic variables.

❖ Operational definitions:

- **Assess** : - It refers to make the judgement about the understanding the Knowledge level of Haemorrhoids among transport employees.
- **Effectiveness** : - It refers the extent to which the knowledge gained through video assisted Teaching Programme as measured by gain in post-test Knowledge score.
- **Knowledge** : - It refers to responses of the transport employees regarding management and Prevention will be measured by semi structured questionaire

❖ Video assisted teaching

- **Programme** :-It refers to give education or information with the help of Video assisted teaching programme.
- **Haemorrhoids** : - In this present study, it refers to swollen vein or group of veins in the region of the anus.

- **Transport employees** : - A person who drive a vehicle in Vivekanandha Educational institution.
- **Management** :-The process of treating and controlling the haemorrhoids among transport Employees.
- **Prevention** :-It refers to the Risk factors which lead to the development of hemorrhoids to be prevented.

❖ Hypothesis:

- **H1** : The Mean post test knowledge of transport drivers regarding management and prevention of hemorrhoids will be significantly increased than their Mean pre test knowledge score.
- **H2** : There will be significant association between post test knowledge score & selected socio demographic variables on management and prevention of haemorrhoids.

IV. MATERIALS AND METHODS

➤ Research Approach:

Quantitative Evaluatory research approach was used. **Research Design:** Pre experimental one group pre and post test design was used.

Group	Pretest	Intervention	Post test
I	O1	X1	O2

Table 1

Group: Transport Drivers working in vivekanandha educational Institution.

O1: Pretest before administering the VATP

X: Administration of VATP.

O2: Post test after administration of the VATP.

➤ Setting of the Study

This project was carried out at Vivekananda Educational institutions. **Population:** Study subjects were Transport drivers working in Vivekanandha Educational institution. **Sample and Sample size:** A total of 25 samples were selected in this study, **Sampling Technique:** Non probability convenience sampling technique was used. **Development of the Tool:** The research semi structured questionnaires was translated in Tamil. The semi structured questionnaires used to assess the knowledge regarding management and prevention of Haemorrhoids.

➤ Description of Instrument:

- **Part I** : It has socio demographic variables like age, religion, Educational status, Residence, Types of family total number of working experience, Duration of driving per day, Education ,Food pattern, Previous history of haemorrhoids, previous exposure on knowledge about haemorrhoids.
- **Part II:** It includes semi structured knowledge questionnaire of 0 items to assess the knowledge regarding management and prevention of hemorrhoids was used. For each question 4 options has given, from that sample must have choose right answer from the options.

➤ *Scoring Procedure:*

There were 30 items related to the knowledge. Each Category has only one appropriate answer. The maximum score for the correct response was 'one' and for wrong response 'zero'. The maximum possible score was 30. The knowledge level was classified according to the percentage of score obtained.

Level of knowledge	Frequency	Percentage
Inadequate	13	52%
Moderate	12	48%
Adequate	0	0%

Table 2

➤ *Data Collection procedure*

After obtaining formal permission from the Management, the Main study was conducted at vivekanandha Educational institution among 25 samples was chosen by non probability convenient sampling. The investigator introduced her and explained the importance of the study to subjects. The Subject's had given willingness to participate in this study .The subjects were confirmed that ethical principles of confidentiality and anonymity were maintained. The pre-test was done by administration of semi structured questionnaire followed by video assisted teaching Programme on Management and Prevention of Hemorrhoids and followed by intervention, post test was conducted.

V. ANALYSIS

S.No	Age	Frequency	
		N	Percentage%
1.	30-40 years	5	20%
2.	41-50 years	9	36%
3.	51-60 years	9	36%
4.	61-70 years	2	8%

Table 3:- Frequency and percentage distribution of drivers according to their age: (N=25)

Table shows that the among them 5(20%) belong to age group of 30-40 years, 9(36%) of subjects in the age

group between 41-50 years, 9(36%) had in the age group of 51-60 years and 2(8%) were between of 61-70 years.

S.No	Educational status	Frequency	
		N	Percentage%
1.	Illiterate	8	32%
2.	Primary education	9	36%
3.	Secondary education	8	32%
4.	Graduate	0	0%

Table 4:- Number of subjects and percentage based on the Educational status (N=25)

Table 4 Depicts that among them 8 (32%) were illiterate, 9(36%) had primary education, 8(32%) had secondary education

S.no	Previous History of haemorrhoids	Frequency	
		N	Percentage
1.	Yes	2	8%
2.	No	23	92%
	Total	25	100%

Table 5:- Number of subjects and percentage based on their previous History of haemorrhoids (N=25)

Table 5 Depicts that among them 2(8%) were history of haemorrhoids, 23(92%) were not had haemorrhoids.

S.no	Previous exposure on knowledge about haemorrhoids	Frequency	
		N	Percentage
1.	Yes	4	16%
2.	No	21	84%
	Total	25	100%

Table 6:- Frequency and percentage distribution of subjects according to their previous exposure on knowledge of haemorrhoids (N=25)

Table 6 Denotes that among them 4(16%) has previous knowledge about haemorrhoids, 21(84%) has not previous knowledge about haemorrhoids.

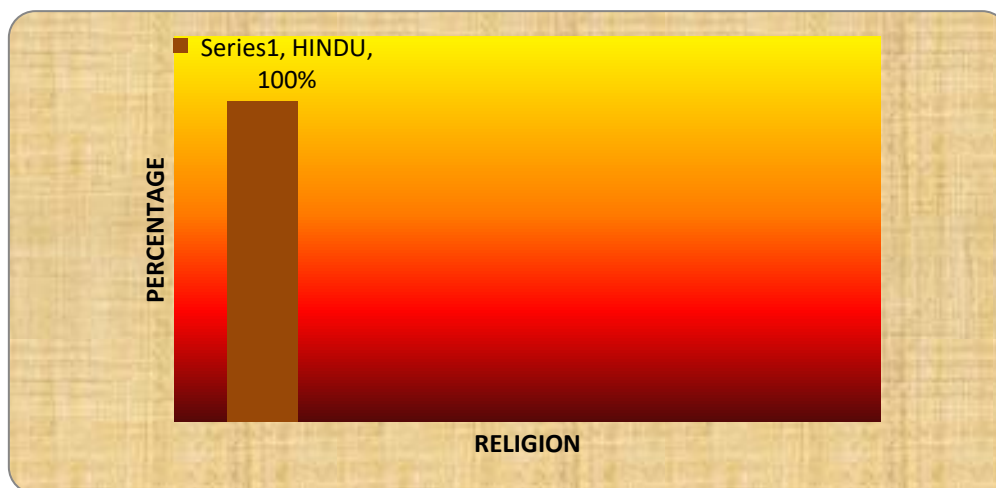


Fig 1:- Frequency and percentage of subjects based on their religion.



Fig 2:- Number of subjects and percentage according to their residence

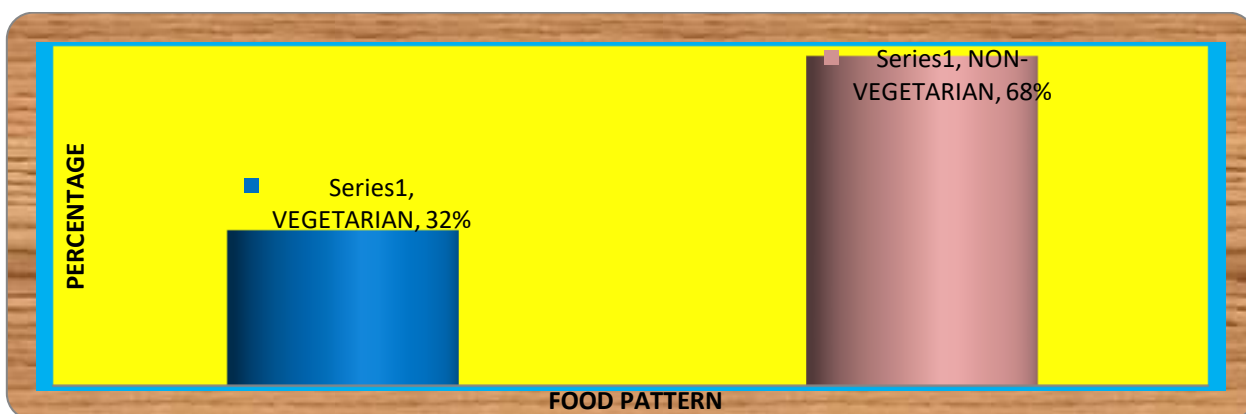


Fig 3:- Frequency and percentage distribution of drivers according to their food pattern

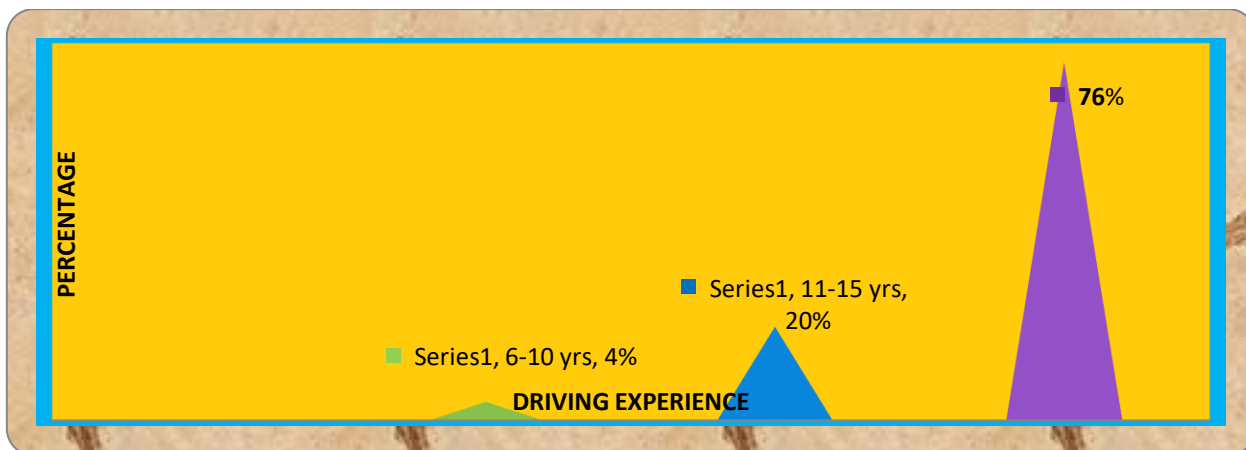


Fig 4:- Number of subjects and percentage distribution of drivers based on their duration of driving experience

Level of Knowledge	PRE TEST		POST TEST	
	Frequency	%	Frequency	%
a. Inadequate	13	52%	0	0
b. Moderate	12	48%	22	88%
c. Adequate	0	0	3	12%
Total	25	100%	25	100%

Table 7:- Knowledge regarding Management and prevention of haemorrhoids. (N=25)

The above table depicts that among the 25 sample, 13(52%) has inadequate knowledge, 12(48%) has moderate

knowledge in pretest where as in post test 22 (88%) has moderate knowledge, 3 (12%) has adequate knowledge.

Knowledge Aspect	Mean score	Standard deviation	Mean difference	"t" value	df	Inference
Pre test	21.95	2.773	7.50	14.774	39	S
Post test	29.45	1.894				

Table 8:- Knowledge score on Management and prevention of haemorrhoids among transport employees. (N=25)

Table 8 Depicts the overall score of drivers regarding causes and prevention of haemorrhoids. The overall knowledge score of drivers was related for maximum possible score of with mean 29.45 and standard deviation

1.894 in post test. From the above table , it is evident that the scored "t" value 14.77 was higher than the table value at 0.01 level of significance. Therefore, "t" value was significant.

S.no	Variables	Category	Knowledge						Chi-square test
			Inadequate		Moderate		Adequate		Value
			No	%	No	%	No	%	
1.	Age in years	30-40	1	4%	4	16%	-	-	4.952 Not Significant
		41-50	6	24%	3	12%	-	-	
		51-60	6	24%	3	12%	-	-	
		61-70	-	-	2	8%	-	-	
2.	Religion	Hindu	13	52%	12	48%	-	-	0.643 Not Significant
		Muslim	-	-	-	-	-	-	
		Christian	-	-	-	-	-	-	
		Others	-	-	-	-	-	-	
3.	Education status	Illiterate	3	12%	5	20%	-	-	13.599 Not Significant
		Primary	6	24%	3	12%	-	-	
		educationsecondareducation	4	16%	4	16%	-	-	
		Graduate	-	-	-	-	-	-	
4.	Residence	City	6	24%	3	12%	-	-	1.638 Not Significant
		Village	7	28%	9	36%	-	-	
5.	Types of Family	Nuclear family	4	16%	8	32%	-	-	3.277 Not Significant
		Joint Family	9	36%	4	16%	-	-	
6.	Food pattern	Vegetaria	4	16%	4	16%	-	-	0.017 Not Significant
		Non-vegetaria	9	36%	8	32%	-	-	
7.	Duration of Driving per day(Hrs)	1-2	4	16%	1	4%	-	-	1.968 Not Significant
		2-3	5	20%	6	24%	-	-	
		Above 3	4	16%	5	20%	-	-	
8.	Driving experience	1-5 yrs	-	-	-	-	-	-	1.032 Not Significant
		6-10 yrs	-	-	1	4%	-	-	
		11-15 yrs	3	12%	2	8%	-	-	
		Above 16yrs	10	40%	9	36%	-	-	
9.	Previous History of Haemorrhoids	Yes	1	4%	1	4%	-	-	0.0028 Not Significant
		No	12	48%	11	44%	-	-	
10.	Previous exposure on Knowledge About haemorrhoids	Yes	1	4%	3	12%	-	-	1.388 Not Significant
		No	12	48%	9	36%	-	-	

Table 9:- Association between knowledge and Socio demographic variables of Subjects (N=25)

Table 9 represents substantial summary of chi-square analysis shows that association between knowledge score and the selected socio demographic variables. The findings denotes that there was no significant association found with demographic variable of age, religion, educational status,

residence, types of family, food pattern, duration of driving per day, duration of driving experience, previous history of haemorrhoids, previous exposure on knowledge about haemorrhoids.

VI. DISCUSSION

➤ *Knowledge of transport drivers regarding management and prevention of haemorrhoids in pre test and post test:*

The study identified that in pre test, Majority 52% were inadequate knowledge and 48% had moderate knowledge, where as in post test, 88% of subjects had moderate knowledge and only 12% had adequate. The results of the present study were coincide with the study findings of **Clarke and Ruffin CL (2017)**, who investigated the evaluation of planned teaching program on prevention of hemorrhoids among postnatal mothers at Chennai and it was found that the post-test mean score was greater than the pre-test mean score level.

➤ *Effectiveness of video assisted teaching module on management and prevention of haemorrhoids:*

In the present study it was evident that the observed 't' value was 14.774 was higher than the table value at 0.01 level of significance. Therefore, 't' value was significant. It means there was gain in knowledge level of transport drivers. This evidence that the video assisted teaching module is effective in increasing the knowledge of study subjects.

On concerning the results of the study The, findings were similar of **Singh Congo et al 2016** on home care management of haemorrhoids among patients in selected hospital at Salem districts. In pre test 76% were in the category of inadequate knowledge where as in post test, 88% of samples had adequate knowledge level. So, the researcher concluded that video assisted teaching programme was effective in improving the knowledge on management and prevention of hemorrhoids'.

VII. CONCLUSION

This study assessed the knowledge on management and prevention of haemorrhoids. Result showed that there is a significant improvement in the level of knowledge of transport employees which indicates that the video assisted teaching module was effective. The study concludes that the video assisted teaching module had enhanced the knowledge regarding prevention and management of haemorrhoids. Hence this instructional module is effective, appropriate and feasible.

RECOMMENDATION

On the basis of the study findings, the following recommendations have been made for further research.

- A similar study can be replicated on a large sample to generalize the findings.
- A quasi experimental study can be done with a control group.
- A comparative study may be conducted between the two different occupations in same organization.
- Similar study can be conducted among drivers in other organization.
- Descriptive study can be conducted among various occupation people.

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