"A Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge Regarding Dash Diet and Its Prevention from Hypertension among Undergradute Students in Selected Colleges at Udaipur City Rajasthan"

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Abstract: *A quasi experimental study to evaluate the effectiveness of structured teaching programme on knowledge regarding dash diet and its prevention from hypertension among undergradute students in selected colleges at Udaipur city Rajasthan. The sample consisting of 70 undergraduate students in selected college by using probability simple random sampling method. The tool comprised of structured self-administered questionnaire. The pre-test was conducted and the structured teaching programme was administered. The post-test was conducted after one week. The data obtained were analyzed by using descriptive and inferential statistics. The mean Pre-test knowledge score (11.85) was lower than mean post-test knowledge score i.e. 22.47, z=22.56 (p=0.05, significant). This indicated that there was a significant difference between pre-test and post-test knowledge score of undergraduate students regarding Dash diet. Hence, the research hypothesis H_1 was accepted. There was no significant association between pre-test knowledge score with selected socio-demographic variables at 0.05 levels. Hence, research hypothesis H_2 was rejected.*
Keywords: *effectiveness, structured teaching programme, Undergraduate students, dash diet, one group pre – test post – test, quasi experimental study.*

I. Introduction

Health is considered as one of most important values in life and it is dynamic process that varies according to individual perception of well being and is regarded as Process .health is the process in which a person seeks to maintain an equilibrium that promote stability and comfort .the true fulfillment of life begins with good health when This equilibrium is altered disease occurs[1].

Diet is the sum food consumed by a person or other organism .The word diet offer implies the use of specific intake of nutrition for health, the healthy Dash diet plan was developed to lower blood pressure without medication in research, sponsored by the us national institute of health, dietary approach to stop hypertension. The first dash diet research showed that it could lower blood pressure as well as the first line blood pressure medication, even with a sodium intake of 3300 mg/per day. since then, numerous studies have shown that the Dash diet reduce the risk of cancer ,stroke, heart disease ,including heart failure ,kidney stone and diabetes[2].

Hypertension or high blood pressure, sometime called arterial hypertension, is a chronic in which the pressure in the arterial is elevated. As of 2000, nearly one billion people or 26% of the world had hypertension, it was common in both developed (333 million) and underdeveloped (639 million) countries. Cardiovascular disease caused 2.3 million deaths in India in year 1990; this is projected to double by the 2020. Hypertension is directly responsible for 57% of all stroke deaths and 24% of all coronary heart disease deaths in India.[3] Hypertension prevalence is in rural India population although there has been a steady increase over time here as well. Recent studies have shown high prevalence of Hypertension among urban adults. There is strong correlation between altering dietary among adults or avoid dash diet that leads to increase Hypertension in india[4].

The DASH diet emphasizes portion size, eating a variety of foods and getting the right amount of nutrients. Discover how DASH can improve your health and lower your blood pressure.[5]

It has been proven to be an effective way to lose weight and become healthier at the same time. It is full of fibulas delicious, real food. All of these benefits lead to the one ranking by us news and world report in 2011, 2012. The dash diet eating plan is recommended by the national heart lung blood institute which states.[6]

DASH diet encourage for eat more fresh fruits, vegetables and low fat dairy products, and limit saturated fat and salt. The dash eating plan can help you to lose weight and healthier body in fact, according to the report, sticking to Dash eating plan can be as effective as some medication in lowering blood pressure.[7]

II. Research Elaborations

Statement of problem-
"A Study To Assess The Effectiveness Of Structured Teaching Programme On Knowledge Regarding Dash Diet And Its Prevention From Hypertension Among Undergraduate Students In Selected Colleges At Udaipur City Rajasthan"

III. Objectives
1. To assess the pre-test knowledge score regarding Dash diet and it's prevent from hypertension among undergraduate students.
2. To evaluate the effectiveness of structured teaching program regarding Dash diet and it's prevent from hypertension.
3. To find out the association between pre-test knowledge score with selected socio-demographic variables.

IV. Hypothesis
H₁: There is significant difference between pre-test and post test knowledge score regarding the students regarding Dash diet and its prevention from hypertension.
H₂: There is significant association between pre-test knowledge score with selected socio- demographic variables.

V. Material and Method
Population- College Students
Sample- The undergraduate students in selected Colleges At Udaipur City Rajasthan
Sample size- 70 undergraduate students.
Settings- The study was conducted in Guru Nanak college of Nursing, Udaipur
Sampling technique- Probability simple random sampling method
The conceptual framework for the study was developed on the based on Imogene modified king's goal attainment theory (1957)

VI. Research design
The research design selected for the present study was a one group per-test post-test research design.

	Pre test (Dependent variable)	Intervention (Independent variable)	Post test (Dependent variable)
R	O_1 Knowledge of Students	X Structured Teaching Programme	O_2 Knowledge of Students

Table 1: Quasi experimental one group pre-test and post-test research design

The interpretations of the symbol are as below
O_1 - Administration of pre-test knowledge Questionnaire
O_2 - Administration of post-test knowledge Questionnaire
X - Intervention (Structured Teaching Programme)

Ethical Consideration-
After obtaining permission from research committee of Geetanjali College of nursing, prior permission was obtained from centers Head from selected College at Udaipur. Consent was taken from each participant who had participated in the study.

Descrition of The Tool
Section A-Demographic Data: Consisted of selected socio-demographic variables such as age, area of habitat, type of family, information and sources of information regarding Dash diet.
Section B-Tools and scoring technique: A structured self-administered questionnaires was selected based on the objective of the study as it was considered the based and appropriate instrument to elicit the response from the literate subject.
Scoring
The knowledge of undergraduate students regarding the outcomes of Dash diet and it's prevent from hypertension was scored as follows, one mark for each correct answer and zero marks for incorrect answer. The

maximum score was 28, to interpret level of knowledge the score was distributed as follows; Interpretation of knowledge:

Level	Range
Inadequate knowledge	<50 %
Moderate knowledge	51-75 %
Adequate knowledge	>76 %

An answer key was prepared for scoring answer to the structured knowledge questionnaire.

Data Collection And Data Analysis
      The data was presented under the following sections
Section-I: Description of socio-demographic variables of the respondents.
Section-II: Distribution of respondents according pre-test and post-test level of knowledge score.
Section-III: Effectiveness of Structured Teaching Programme on knowledge of Undergraduate Students regarding Dash Diet And It's Prevention From Hypertension.

VII.   Result
Table 2: frequency and Percentage distribution of respondents to their level of knowledge score.

SECTION [I]

KNOWLEDGE LEVEL IN PRE TEST AND POST SCORE

N=70

KNOWLEDGE LEVEL	PRE-TEST		POST -TEST	
	FREQUENCY	PERCENTAGE	FREQUENCY	PERCENTAGE
A.INADEQUATE [<50%]	70	100	0	0
B.MODARATE [51-75%]	0	0	0	0
C.ADEQUATE [>75%]	0	0.0	70	100
TOATL	70	100%	70	100%

Table 2: The result showed that, in pre-test 100% of the respondents had inadequate knowledge, 00.00 % of the respondents had moderate knowledge and none of the respondents had adequate knowledge and in post-test 00.00% of the respondents had adequate knowledge and 00.00% of the respondents had moderate adequate knowledge and 100.00% of the respondents had an inadequate knowledge regarding Dash Diet And It's Prevention From Hypertension.

Table-3 Effectiveness of Structured Teaching Program By Comparing Pre –Test And Post -Test Knowledge Score Of Respondents.

N =70

	Mean	Mean Percentage	variance	SD	Enhancement	Z score	Z critical value	Inference (0.05)
Pre-test	11.85	42.32	3.10	2.74	7.26	26.18	1.96	S
Post test	22.47	80.25	1.30	2.06				

S=significance

Table-3 revealed that the mean post-test knowledge score (22.47) was greater than the mean pre test knowledge score .the above tables depicted that enhancement in the knowledge of respondents is 7.26 supporting the post –test knowledge score was higher than the pre test knowledge score. The data further for the z test that the obtain z value is 26.18 which was greater than the z critical value. This indicate that there was significance difference between the per- test and post- test knowledge score hence research hypothesis H_1 was accepted and proved.

H_1:- There was significant difference between pre-test and post-test knowledge score of undergraduate student regarding DASH diet and its prevent from hypertension .hypothesis was tested at 0.05 level ,the calculated 'z' value 22.56 was significance .This indicates that there was significant difference between pre-test and post test knowledge score, hence the hypothesis H_1 was proved and accepted.

VIII. Conclusion

This study concluded that there is improvement in the level of knowledge of undergraduate students which indicates that the Structured Teaching Programme is effective. The demographic variables of undergraduate students significantly associated with the pre-test knowledge score. The development of Structured Teaching Programme will help the undergraduate students to enhance their knowledge regarding Dash Diet And It's Prevention From Hypertension.

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