Original Article

AN EVALUATIVE STUDY TO ASSESS EFFECTIVENSS OF EDUCATIONAL PACKAGE REGARDING WELL BEING BEHAVIOUR AMONG ADOLESCENTS IN SELECTED RURAL AND URBAN AREAS AT ABUROAD IN SIROHI DISTRICT

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ABSTRACT:

Introduction: Adolescence has been considered as a period marked with identity crisis. The adolescent crisis of ego identity versus role confusion, when resolved, enables individuals to integrate all the images about oneself into a personal identity and consolidate various roles one has to play.

Material & Method: Pre experimental one group pre-test post-test design with evaluative approach was adopted to accomplish the objectives of the study. Evaluative approach is an applied form of research that deals with the question how well the programme is meeting its objective. Study conducted at selected rural and urban areas at aburoad in sirohi district. Sample size is 300.

RESULT: Average Knowledge level among adolescents in rural area found between inpre test 10-13 (26.0%), 14-26 (74.0%) and 27-40 (00.00%) and Post test 10-13 (9.3%), 14-26 (18.7%) and 27-40 (72.00%) and in urban area found between in pre test 10-13 (30.7%), 14-26 (69.3%) and 27-40 (00.00%) and Post test 10-13 (7.3%), 14-26 (16.7%) and 27-40 (76..00%)

CONCLUSION: It was concluded that the educational package was effective in improving the knowledge foe adolescent age groups.

Key words: Effectiveness educational package, well being behavior, Adolescence, Rural area, Urban Area.

INTRODUCTION AND NEED OF STUDY:

Well-being is a positive outcome that is meaningful for people and for many sectors of society, because it tells us that people perceive that their lives are going well.

Good living conditions (e.g., housing, employment) are fundamental to well-being. Tracking these conditions is important for public policy. However, many indicators that measure living conditions fail to measure what people think and feel about their lives, such as the quality of their relationships, their positive emotions and resilience, the realization of their potential, or their overall satisfaction with life—i.e., their "well-being." Well-being generally includes global judgments of life satisfaction and feelings ranging from depression to joy

Well-being, welfare or wellness is a general term for the condition of an individual or group, for example their social, economic, psychological, spiritual or medical state; a high level of well-being means in some sense the individual or group's experience is positive, while low well-being is associated with negative happenings.

Adolescence is defined by WHO as, "the age group of 10-19 years". In India, adolescents constitute 21.4 percent of the population, comprising one fifth of the total population. Adolescence is the transitional stage of development between childhood and adulthood, representing the period of time during which a person experiences a variety of biological changes and encounters a number of emotional issues.

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Adolescents are particularly at high risk of unintentional injuries, violence, early pregnancy, sexually transmitted infection, and abuse of tobacco, drugs and alcohol. Promoting healthy choices among adolescents can help them be healthy and productive into adulthood.

One of the most obvious changes during this time is

puberty. Boys' and girls' bodies begin to change and adolescents have to adjust to their physical development. This physical change often coincides with entry into new schools with larger social networks Most adolescents are good citizens who are physically, psychologically and socially healthy. A vast majority are free of major mental, behavioral or addictive disorder, an increasing percentage are volunteering in their communities, and fewer are involved in school violence, and other forms of behavioral disorders. Despite these facts, adolescence is far from being a placid period. Adolescence is, in fact, a time of change

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RESEARCH METHODOLOGY: -

and risk⁴.

Pre experimental one group pre-test post-test design with evaluative approach was adopted to accomplish the objectives of the study. A sample of 300 adolescence was selected for the study by using purposive sampling technique. An educational package was prepared by the investigator focusing on the well being behavior. Pre-test was conducted by administering a structured knowledge questionnaire followed by the administration of the educational package. After 7 days a post-test was conducted by using the same questionnaire to assess effectiveness of educational package.

Research Approach

Research approach indicates the basic procedure for conducting the study. The selection of approach depends upon the purpose of the study. Evaluative approach is an applied form of research that deals with the question how well the programme is meeting its objective. Its goal is to assess or evaluate the success of a programme. An evaluative approach is the process of collecting and analyzing information relating to the functioning of a programme, policy or procedure in order to assist decision-makers in choosing a course of action.

RESULT

The findings of the study are discussed under the following sections:

Part-I: Description of demographic characteristics of adolescence in rural and urban area.

Age In Years: Percentage wise distribution of the adolescence according to their age reveals that highest percentage (47.3%) of adolescence in the age group of 14 to 16 years, 31.0% adolescence in the age group of 17 to 19 years and 21.7% adolescence in the age group of 10 to 13 year of age group.

The findings of this study was supported by an another study conducted in MAHE, Manipal shows a highest percentage distribution in the age group of 18 years (57.6%) when compared to the other age groups.

Gender :Percentage wise distribution of adolescence according to their gender reveals that most of Sample male (Boys)(55.0%) and remains were Female(Girls) (45.0%). It shows that most of the adolescence in this study were Male in selected rural and urban area.

Similar cross sectional study conducted in dehradun in 2007 with most of sample male 58% and Female 42% On adolescent in selected rural and urban area.

Living standard: Percentage wise distribution of adolescence according to their living Standard reveals that most of Sample (53.0%) from poor Social Economic Level, (34.3%) Middle Standard and remains were High socio Economic level(12.7) in Selected rural and Urban area.

Similar study conducted in 2009 in Karnataka in dharwad district and most of sample (50%)from poor Social Economic Level,(40%) Middle Socio Economic Level and remains were High socio Economic level of living standard (10%) in Both Collectively Rural And Urban Selected Area

Education: Percentage wise distribution of adolescence according to their Educational Standard reveals that most of of Sample from Metric and Upper level (58.3%) and remains were Collegiate (41.7.0%)

Similar study conducted in 2009 in Karnataka in dharwad district and most of sample from Metric and upper level (65%) and remain were Collegiate (35%).

Language: In Pre sent study Percentage wise distribution of adolescence use language Hindi (58%) and English(42%). For Local Communication use traditional language but study purpose use Hindi and English language.

In Similar study conducted in 2009 in Karnataka in dharwad district, most of sample use Local and traditional language (Kannada) 70% and remains 30% use English language in rural and Urban Area.

Previous Knowledge :Percentage wise distribution of adolescence according to their previous information regarding well being behaviorreveals that 73% of the adolescence do not have any previous information regarding well being behavior in adolescence and only 27% of adolescence have previous information regarding well being behavior in adolescence.

Similar study is supported by a study conducted in Punjab, there also most of the participants not have any previous information regarding wellbeing behavior (72%) and only (28%) have previous information.

Source of Knowledge :Percentage wise distribution of adolescence according to the source of previous information about well being behavior reveals that most (14.3%) of the adolescence got the previous information from the class room teaching and by Teacher and (7.7%) of adolescence got information from Mass Media and some of (5.5) got information from friends . None of them got information through family and others

Similar study, there also most Similar study is supported by a study conducted in Punjab, there are source of previous information about well being behavior reveals that most (18%) of the adolescence got the previous information from the class room teaching and through Teacher, (10%) of adolescence got information from Mass Media and some of (8%) got information from friends.

Part II: Distribution of pre-test Structured Teaching Questionnaire knowledge score of the adolescence regarding well being behavior in rural and urban area.

Pre-test Mean knowledge score among adolescent in Rural area (14.41) and urban area (14.08) and over all Pre-test Mean knowledge score among adolescent including rural and urban area is 14.33 regarding well being behavior

Part III: Distribution of post-test knowledge score of the adolescence regarding well being behavior in adolescence.

Post - test Knowledge score among adolescent in rural area (30.02) and in Urban Area (30.5) and over all Post -test Mean knowledge score among adolescent including rural and urban area is 30.3 regarding well being behavior

Part IV: Evaluation of the effectiveness of educational package on knowledge regarding well being behavior in adolescence.

Average Knowledge level among adolescents in rural area found between inpre test 10-13~(26.0%), 14-26~(74.0%) and 27-40~(00.00%) and Post test 10-13~(9.3%), 14-26~(18.7%) and 27-40~(72.00%) and in urban area found between in pre test 10-13~(30.7%), 14-26~(69.3%) and 27-40~(00.00%) and Post test 10-13~(7.3%), 14-26~(16.7%) and 27-40~(76..00%)

It shows that Educational package is effective in well being behavior among adolescent.

Section A: Comparison of pre-test and post-test knowledge scores of the adolescence regarding well being behavior in adolescence.

Pre test percentage wise distribution of sample according to knowledge level in rural area found (0-13) poor knowledge (26%) and (14-26) average level of knowledge (74%) and None of Adolescent (27-40) found (00%) in and in Urban area found (0-13) poor knowledge (30.7%) and (14-26) average level of knowledge (69.3%) and None of Adolescent (27-40)

Post test percentage wise distribution of sample according to knowledge level in rural area found (0-13) poor knowledge (9.3%) and (14-26) average level of knowledge (18.7%) and Adolescent knowledge level (27-40) found (72%) and in Urban area found (0-13) poor knowledge (7.3%) and (14-26) average level of knowledge (16.7%) and Adolescent knowledge level (27-40) found (76%)

The educational package conducted by the researcher

helped them to improve their knowledge and findings showed that educational package is an effective strategy to improve knowledge among adolescent regarding well being behavior.

Part V: Testing of hypothesis: knowledge Score in Pre test (14.33) and in Post test (30.3)Mean difference in pretest and post test 15.97. Calculated t value is 28.83 which is more than value at the degree of freedom 598 Calculated p (.0001) is less than established value .05.

The researcher reject null hypothesis H0 and accept research hypothesis H1 that There is significant difference between the pre- and post-test knowledge scores of adolescents regarding wellbeing behavior in selected rural and urban area.

Part VI: Association of Post test knowledge scores of adolescence regarding well being behavior in adolescence and selected demographic variables in rural and urban area: Calculated chi-square value for age group with post test knowledge is 3.18 with degree of freedom 4 calculated "p" value is .52 which is less then established value .05.

So the researcher reject research hypothesis \mathbf{H}_2 there is no significant association between age and post test knowledge score of sample.

CONCLUSION

There was significant increase in the knowledge of adolescence after the administration of the educational package. Therefore, it was concluded that the educational package was effective in improving the knowledge foe adolescent age groups.

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