A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURE TEACHING PROGRAMME OF KNOWLEDGE REGARDINF LIFESTYLE MODIFICATION AMONG ADULTS IN SELECTED VILLAGE, THIRUVALLUR DIST

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ABSTRACT
A Pre Experimental study to assess the effectiveness of Structured Teaching Program on knowledge regarding Life style Modification among adults in a selected village - Tiruvallur District. A convenient sampling technique was used to select the samples. 60 samples were selected for the study. knowledge regarding Life style Modification among adults was assessed by using structured questionnaire tool which consisted of 20 questions. The finding of the study revealed in the pre-test that among 60 samples, majority 35(58.4%) were in moderately adequate knowledge and 14 (23.3%) of them were in inadequate knowledge whereas in Post-test 43(71.7) were in adequate knowledge and 17(28.3) were in moderately adequate knowledge and none of them were in inadequate knowledge on lifestyle modification. The Chi square table shown that there was highly significant association between the knowledge on life style Modification with educational status of the adult.

Key words: Adults, Knowledge, Life style Modification.

INTRODUCTION

Lifestyle modification refers to the process of making intentional changes to one's daily habits, behaviors, and environment to achieve a healthier, more balanced, and fulfilling life. It involves adopting positive habits and eliminating unhealthy ones to improve overall well-being. The Key Areas of Lifestyle Modification were Nutrition and Diet, Physical Activity and Exercise, Stress Management and Relaxation, Sleep and Rest, Social Connections and Relationships

Mental and Emotional Well-being, Substance Use and Addiction, Time Management and Productivity, Environmental and Occupational Health, Spiritual and Personal Growth. Lifestyle modification is crucial among adults for numerous reasons, encompassing physical, mental, and emotional well-being. As individuals age, their lifestyle choices significantly impact their health, quality of life, and risk of chronic diseases. When

followed it wisely it has enormous benefits to the individuals such as

Reduced risk of chronic diseases (e.g., diabetes, heart disease), Improved mental health and well-being, Increased energy and vitality, Enhanced cognitive function and productivity, better sleep quality, Improved relationships and social connections
Increased self-esteem and confidence, Reduced healthcare costs, Improved overall quality of life.

Overall health benefits can be attained by means of using the following resources like. Health coaching and counseling, Mobile apps and digital platforms
Online educational resources, Support groups and communities, Wearable devices and tracking tools, Mindfulness and meditation practices, Behavioral therapy and counseling. By understanding the importance, benefits and Resources of lifestyle modification, individuals can take proactive steps towards achieving a healthier,

happier, and more fulfilling life and prevent diseases before they occur, detect and manage the disease earlier and also able to manage the chronic conditions and can prevent further complications.

OBJECTIVES
- To assess the effectiveness of structured teaching program on knowledge regarding Life Style Modification among adults
- To Associate the level of knowledge on Life Style Modification among adults with their selected demographic variables

RESEARCH METHODOLOGY
Self-Structured questionnaire tool was used to assess the knowledge regarding life Style Modification among adults in a selected village. A Pre Experimental cross sectional research design was adopted to accomplish the objective of the study. A convenient sampling technique was used to select the samples. 60 samples were selected for the study based on the inclusive criteria. The data were collected by a pre-tested questionnaire and analyzed using descriptive and inferential statistics.

Description of the tool
Section A: Demographic variables includes age, gender, educational status, occupation, Monthly income, Religion, Type of Family, Previous Knowledge about life style modification is obtained by. **Table 1** indicates that most of the adults, 29(48.3%) were aged >45 years, 49(81.7%) were female, 16(26.7%) were illiterates, 29(48.3%) were unemployed, 33(55%) had monthly income between Rs.7102-11836, 41(68.3%) were Hindus, 41(68.3%) belonged to nuclear family and 30(50%) obtained previous knowledge about lifestyle modifications through friends.

Section B: Self-structured questionnaire tool was used to assess the Knowledge on lifestyle modification among adults. It consisted of 20 questions; each question carries 1 mark. Therefore, the maximum score is 20, and the scores were arbitrarily divided as above 75% adequate knowledge, above 50-75% moderately adequate knowledge, below 50% inadequate knowledge. **The Table 2** depicts that in the pretest, 35(58.4%) had moderately adequate knowledge, 14(23.3%) had inadequate knowledge and 11(18.3%) had adequate knowledge on lifestyle modification among adults and in the posttest after the intervention, 43(71.7%) had adequate knowledge and 17(28.3%) had moderately adequate knowledge.

Section C: Comparison of pretest and posttest knowledge scores on lifestyle modification among adults. **Table 3** denoted that in the pretest, the mean score of knowledge was 12.68±4.18 and the posttest mean score was 18.58±15.97. The mean difference score was 5.90. The calculated paired "t" test value of t = 2.769 was statistically significant at p<0.01 level which clearly infers that after the Structured Teaching program on lifestyle modification among the adults there was significant improvement in the posttest level of knowledge among the adults.

Section D: Association of posttest level of knowledge on lifestyle modification among adults with their selected demographic variables. **The Table 4** illustrated that the demographic variable education **(χ^2=12.627, p=0.049)** had statistically significant association with posttest level of knowledge on lifestyle modification among the adults statistically significant at p<0.05 level and the other demographic variables did not show statistically significant association with posttest level of knowledge at p<0.05 level.

Table 1: Frequency and percentage distribution of demographic variables of the adults.

Demographic Variables	Frequency (f)	Percentage (%)
Age in years		
30 – 35	14	23.3
35 – 40	4	6.7
40 – 45	13	21.7
>45	29	48.3
Sex		
Female	49	81.7
Male	11	18.3
Education		
Professional	6	10.0
Graduates	5	8.3
Diploma / Intermediate	7	11.7
High school	9	15.0
Middle school	8	13.3
Primary school	9	15.0
Illiterate	16	26.7
Occupation		

Demographic Variables	Frequency (f)	Percentage (%)
Professional	6	10.0
Semi-professional	6	10.0
Clerical	8	13.3
Skilled	7	11.7
Semi-skilled	-	-
Unskilled	4	6.7
Unemployed	29	48.3
Monthly income		
a) Rs. 47348 and above	-	-
b) Rs. 23674-47347	-	-
c) Rs.17756-23673	-	-
d) Rs.11837-177556	10	16.7
e) Rs.7102-11836	33	55.0
f) Rs.2391-7101	17	28.3
g) Less than 239	-	-
Religion		
Hindu	41	68.3
Christian	12	20.0
Muslim	7	11.7
Others	-	-
Type of family		
Nuclear	41	68.3
Joint	19	31.7
Extended	-	-
Previous knowledge about lifestyle modifications is obtained by		
Media	11	18.3
Health care professionals	6	10.0
Relatives & neighbors	13	21.7
Friends	30	50.0
None	-	-

Table 2: Frequency and percentage distribution of pretest and posttest level of knowledge on lifestyle modification among adults. N=60.

Knowledge	Inadequate Knowledge (0 – 10)		Moderately Adequate knowledge (11 – 15)		Adequate Knowledge (16 – 20)	
	No.	%	No.	%	No.	%
Pretest	14	23.3	35	58.4	11	18.3
Post Test	0	0	17	28.3	43	71.7

Table 3: Comparison of pretest and posttest knowledge scores on lifestyle modification among adults. N=60

Knowledge	Mean	S.D	Mean Difference	Paired 't' test Value
Pretest	12.68	4.18	5.90	t = 2.769
Post Test	18.58	15.97		p = 0.008 S**

**p<0.01, S – Significant

Table 4: Association of posttest level of knowledge on lifestyle modification among adults with their selected demographic variables. N=60

Demographic Variables	Moderately Adequate knowledge (11 – 15)		Adequate Knowledge (16 – 20)		Chi-Square Test
	No.	%	No.	%	
Age in years					χ^2=0.493

Demographic Variables	Moderately Adequate knowledge (11 – 15)		Adequate Knowledge (16 – 20)		Chi-Square Test
	No.	%	No.	%	
30 – 35	3	5.0	11	18.3	d.f=3
35 – 40	1	1.7	3	5.0	p = 0.920
40 – 45	4	6.7	9	15.0	N.S
>45	9	15.0	20	33.3	
Sex					χ^2=0.684
Female	15	25.0	34	56.7	d.f=1
Male	2	3.3	9	15.0	p = 0.408 N.S
Education					
Professional	1	1.7	5	8.3	
Graduates	1	1.7	4	6.7	**χ^2=12.627**
Diploma / Intermediate	0	0	7	11.7	**d.f=6**
High school	1	1.7	8	13.3	**p = 0.049**
Middle school	1	1.7	7	11.7	**S***
Primary school	5	8.3	4	6.7	
Illiterate	8	13.3	8	13.3	
Occupation					
Professional	1	1.7	5	8.3	
Semi-professional	2	3.3	4	6.7	χ^2=1.762
Clerical	2	3.3	6	10.0	d.f=5
Skilled	1	1.7	6	10.0	p = 0.881
Semi-skilled	-	-	-	-	N.S
Unskilled	1	1.7	3	5.0	
Unemployed	10	16.7	19	31.7	
Monthly income					
a) Rs. 47348 and above	-	-	-	-	
b) Rs. 23674-47347	-	-	-	-	χ^2=0.882
c) Rs.17756-23673	-	-	-	-	d.f=2
d) Rs.11837-177556	4	6.7	6	10.0	p = 0.643
e) Rs.7102-11836	9	15.0	24	40.0	N.S
f) Rs.2391-7101	4	6.7	13	21.7	
g) Less than 239	-	-	-	-	
Religion					
Hindu	10	16.7	31	51.7	χ^2=3.241
Christian	3	5.0	9	15.0	d.f=2
Muslim	4	6.7	3	5.0	p = 0.198
Others	-	-	-	-	N.S
Type of family					χ^2=0.144
Nuclear	11	18.3	30	50.0	d.f=1
Joint	6	10.0	13	21.7	p = 0.704
Extended	-	-	-	-	N.S
Previous knowledge about lifestyle modifications is obtained by					
Media	3	5.0	8	13.3	χ^2=0.955
Health care professionals	1	1.7	5	8.3	d.f=3
Relatives &neighbours	3	5.0	10	16.7	p = 0.812
Friends	10	16.7	20	33.3	N.S
None	-	-	-	-	

p<0.05, S – Significant, N.S – Not Significant

Figure 1: Percentage distribution of education of the adults.
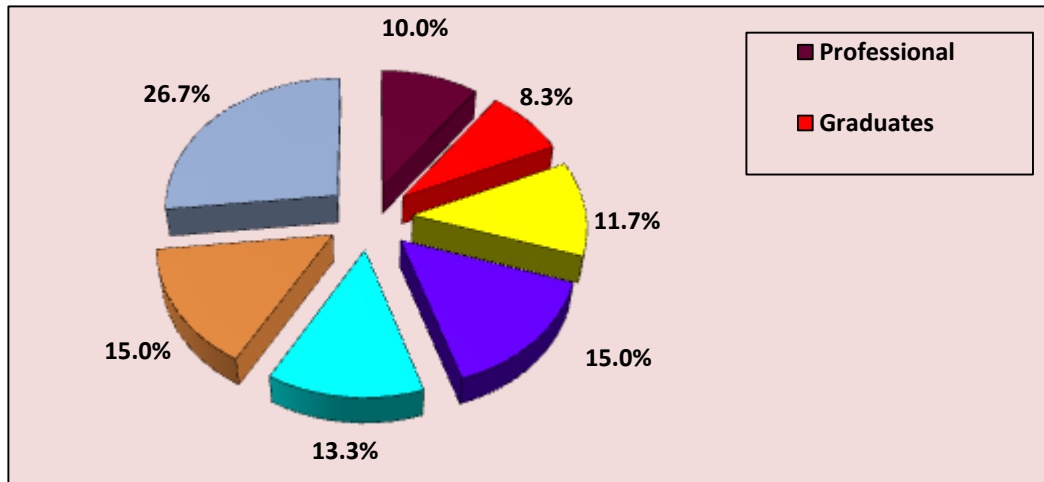

Figure 2: Percentage distribution of pretest and posttest level of knowledge on lifestyle modification among adults.
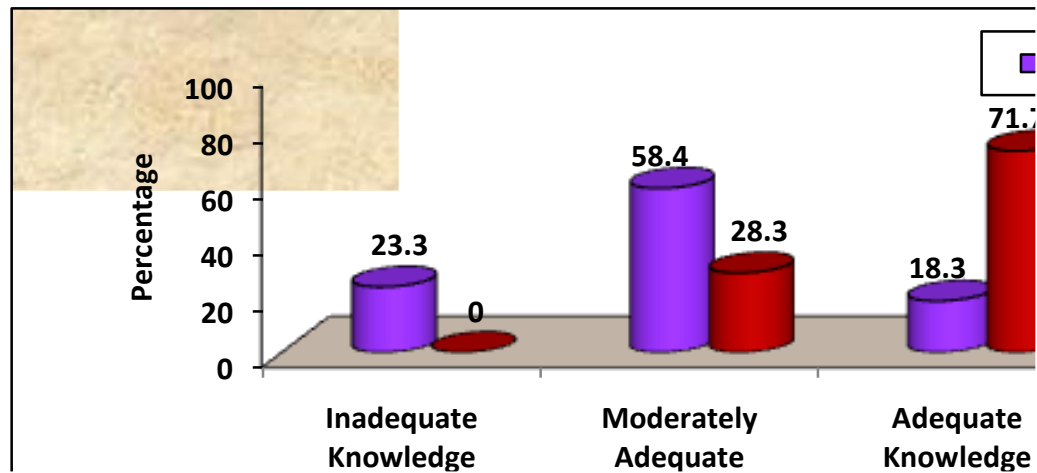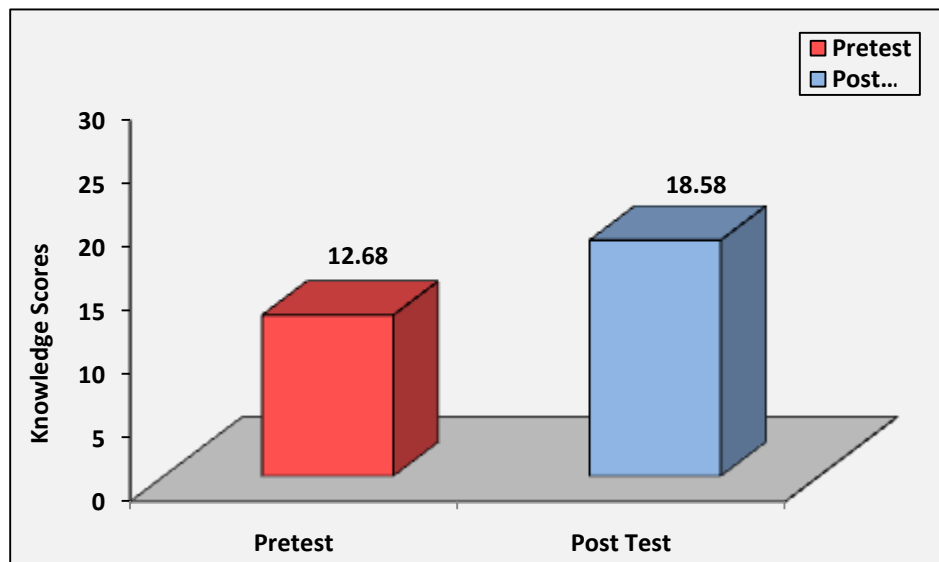

Figure 3: Comparison of pretest and posttest knowledge scores on lifestyle modification among adults.

CONCLUSION

The level of knowledge on Life Style Modification in posttest after Structured Teaching Program among adults in a selected village was high. There was a statistically high significant association was found between the level of knowledge on lifestyle modification and the demographic variable of educational status of adults. There was no statistically significant association was found with other demographic variables like Age, Gender, Occupation, Monthly income, Religion, Type of Family and Previous knowledge about lifestyle modification is obtained by.

RECOMMENDATIONS:
- A comparative study can also be conducted between Urban area and Rural area.
- A study can be conducted in large sample to validate the findings and make generalization.

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