

A Pre-Experimental Study To Assess The Effectiveness Of Planned Teaching Program On Knowledge Regarding Environmental Health Among The Anganwadi Teachers In-Selected Anganwadi Centers Of District Kangra, H.P.

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ABSTRACT-

The objective of the study was *“to assess the effectiveness of Planned Teaching Program on knowledge regarding Environmental Health among anganwadi teachers in-selected anganwadi centers of district Kangra (H.P.).”*

Material and Methods:

A quantitative research approach and pre-experimental research design, with one group pre-test and post-test design was chosen for the study, conducted at Anganwadi Centers..... (Himachal Pradesh). The samples consisted 60 anganwadi teachers selected by using as non-probability purposive sampling technique. A Planned Teaching Program on “environmental health among anganwadi teachers in-selected anganwadi centers of district Kangra (H.P).” effects of Planned teaching program were the intervention of the study. The pre-test and post-test knowledge score on knowledge regarding environmental health was assessed using self-structured knowledge questionnaire.

Results: The result reveals that in pre-test knowledge score of anganwadi teachers regarding environmental health 7 (11.7%) of anganwadi teachers have poor knowledge regarding environmental health, 52 (86.7%) have average knowledge regarding environmental health and 1 (1.7%) have good knowledge regarding environmental health. The result reveals that in post-test knowledge score of anganwadi teachers regarding environmental health 0 (0%) of anganwadi teachers have poor knowledge regarding environmental health, 47 (78.3%) have average knowledge regarding environmental health and 13 (21.7%) have good knowledge regarding environmental health. The statistical analysis was to compare the pre-test and post-test knowledge score on environmental health among anganwadi teachers. It shows that pre-test mean score \pm S.D, score of knowledge was 14.63 \pm 3.194 and post-test mean score \pm S.D, score of knowledge was 19.18 \pm 2.213 with “t” value 9.281 found to be significant (p=0.05). This is clearly indicating that mean post-test knowledge score is higher than mean pre-test knowledge score. This is clearly indicating that planned teaching program on environmental health was found to be effective.

Conclusion: Environmental health is not just a matter of individual wellness; It is a matter of community well-being. Environmental health advocacy is a top priority in the public health field, as environmental factors continue to adversely affects individual and population health. So, to increase the knowledge towards environmental health the study was conducted. In the study pre-test was taken in which knowledge of anganwadi teachers regarding environmental health was assessed and a planned teaching program was

implemented over the anganwadi teachers. After that a post-test was conducted to reveal the effectiveness of planned teaching program. The post-test knowledge shows that there is increase in knowledge regarding environmental health among anganwadi teachers. There was significant increase in knowledge scores of anganwadi teachers regarding environmental health after planned teaching program.

Keywords: Anganwadi teachers, Environmental health, Planned teaching Program.

INTRODUCTION-

“ONE OF THE FIRST CONDITION OF HAPPINESS IS THAT THE LINK BETWEEN MAN AND NATURE SHALL NOT BE BROKEN”

LEO TOLSTOY

World Health Organization estimates that roughly 25% of the diseases burden in the developing world is due to environmental factors. 1.9 M people, primarily children, died in 2004 from inadequate access to clean water and sanitation. 2 M people, mostly women and children, die each year from exposure to indoor air pollution from cooking with solid fuels such as wood, dung, charcoal. A healthy population is essential for economic development. The poorest people on the planet tend to suffer most from the health effects from exposures to environmental hazards like air pollution and impure water. In turn, disease and disability related to polluted environments slows and blocks economic development. In addition to its toll on human suffering, illness carries a significant financial burden in the form of healthcare expenditures and lost productivity. For example: - Unhealthy children often cannot attend or perform well in school, and unhealthy adults cannot work or care for their families. ⁽¹⁾

Air pollution is contamination of the indoor or outdoor environment by any chemical, physical or biological agent that modifies the natural characteristics of the atmosphere. Air pollution kills an estimated 7 million people Worldwide every year. WHO data shows that almost all of the Global population (99%) breathe air that exceeds WHO guidelines limits containing high levels of pollutants, with low-and middle-income countries suffering from the highest exposures. ⁽²⁾

In 2019, air pollution is considered by WHO as the greatest environmental risk to health. 225 Microscopic pollutants in the air can penetrate respiratory and circulatory systems, damaging the lungs, heart, and brain, killing 7 million people prematurely every year from diseases such as cancer, stroke, heart and lung disease. Around 90% of these deaths are in low-and middle-income countries, with high volumes of emissions from industry, transport, and agriculture, as well as dirty cookstoves and fuels in homes. ⁽³⁾

REVIEW-

1. Review of literature related to the effect of environmental health:

A non- experimental descriptive study design with quantitative approach, was adopted **in 2020** to assess the knowledge on air pollution and its prevention in selected urban areas of Pune city. It includes 250 samples from selected areas. Non-probability convenience sampling technique was adopted in this study. The result has been identified as knowledge level of 20.8% people were poor on-air pollution and its prevention and air quality index, 76% of the people have an average knowledge regarding air pollution and its prevention and air quality index, only 3.2% of the people have good knowledge regarding air pollution and its prevention and air quality index. By using the paired t-test formula, the t-test value is 0.05. ⁽⁴⁾

A descriptive study was conducted **in 2020**, to assess the knowledge of Environmental hygiene in rural community of Pune city, Study has adopted non-experimental research approach. Self-administered questionnaires were used to assess the knowledge regarding environmental hygiene. After obtaining the permission was administered and survey was collected. Written consent was taken from each sample prior to pre-test. Sample size was 150. Setting was Mutha village of Pune city and samples were from population from rural community. The results have shown majority of respondent has poor knowledge 47.7%, 40% of respondents has average knowledge and only 13.3% has good knowledge. ⁽⁵⁾

2. Review of literature related to knowledge of anganwadi teachers on Environmental Health:

An explorative study was conducted in Karnataka in 2009 state to assess the knowledge of anganwadi teachers regarding environmental health. The study samples consisted of 54 Anganwadi teachers from selected areas of Udupi district. Findings of the study show that most of the anganwadi teachers belong to the age group of 31-40 years. Almost 74% of the anganwadi teacher's education qualifications were SSLC. Out of 54 anganwadi teachers, most about 25 of them had 12-23 years of experience; 83% of anganwadi teachers had moderate exposure to mass media. The pre-test scores are very low, which refers that they have very less knowledge and a planned teaching program on environmental health was given to them. The results showed there is significant increase in knowledge. ⁽⁷⁾

3. Review of literature related to effectiveness of planned teaching program on knowledge regarding environmental health.

A quantitative research study was conducted by Jose J, Joseph J. et al. in 2018 on effectiveness of planned teaching program on knowledge regarding ill effects of plastic on environment and health among housewives in selected community at Aluva. In this study, one group pre-test post-test research design. The study was conducted in the ward 16 of Keezhmadu Panchayath. Using purposive sampling 30 housewives were selected. A structured knowledge questionnaire consisting of 20 items was used to collect the data. After administering the pre-test, a planned teaching program was administered with appropriate AV aids following which a post-test was given. The result shows in the pre-test, 13.34% of sample were having poor knowledge and 10% had good knowledge. ⁽⁶⁾

CONCLUSION-

Environmental health is not just a matter of individual wellness; it is a matter of community well-being. Environmental health advocacy is a top priority in the public health field, as environmental factors continue to adversely affects individual and population health. So, to increase the knowledge towards environmental health the study was conducted. In the study pre-test was taken in which knowledge of anganwadi teachers regarding environmental health was assessed and a planned teaching program was implemented over the anganwadi teachers. After that a post-test was conducted to reveal the effectiveness of planned teaching program. The post-test knowledge shows that there is increase in knowledge regarding environmental health among anganwadi teachers. There was significant increase in knowledge scores of anganwadi teachers regarding environmental health after planned teaching program.

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