

A Pre Experimental Study to Assess the Effectiveness of Video Assisting Teaching Programme On Awareness Regarding Hazardous Health Effect of Tobacco Use Among Factory Workers in Selected Urban Area of Kota, Rajasthan

Kuldeep Singh

Assistant Professor, Mahatma Gandhi College Of Nursing, Aklera

Corresponding Author:

Mr. Kuldeep Singh, Assistant Professor, Mahatma Gandhi College Of Nursing, Aklera

E-mail:

imdeebana@gmail.com

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Abstract

Introduction: Tobacco use may be defined as any habitual use of the tobacco plant leaf and its products. The predominant use of tobacco is by smoke inhalation of cigarettes, pipes, and cigars. Smokeless tobacco refers to a variety of tobacco products that are sniffed, sucked, or chewed. Tobacco products consumption is related with several health issues such as oral cancers, cardiovascular diseases, low birth weight and mental illnesses.

Materials & Methods: In this present study the researcher adopted a pre - experimental (one group pre-test, post, test- research design). One group pre-test post-test design provides comparison between a group of subjects before and after the experimental treatment.

This study consists of 50 factory workers. In present study non probability convenient sampling technique was used. The study was conducted among the factory workers working in selected Industrial Area, Kota.

Results: The pre-test score of sample show that majority 32(64%) in poor range, follow by 16 (32%) sample had a average knowledge and only 02 (4.0%) sample had a good score. After the video assisted teaching programme was given to the factory workers than again post test was conducted with the same knowledge questionnaire, it can be clearly seen that nobody had poor 4(8.0%), average score 31(62%) were in good score and 15 (30%) factory worker is excellent score. Thus, it can conclude that the planned teaching programme provided complete information and it was effective in improving the knowledge of the factory workers regarding tobacco.

Conclusions: From the above results, we can conclude that there were a statically significances increase in regarding hazardous health effect of tobacco use among factory workers in selected urban area Kota. Thus, the intervention video assisted teaching programmed was effective for acquiring knowledge.

Keywords: Asses; Effectiveness; Knowledge; Video Assisted Teaching Programme; Hazards; Factory Worker; Tobacco

Introduction

Tobacco use may be defined as any habitual use of the tobacco plant leaf and its products. The predominant use of tobacco is by smoke inhalation of cigarettes, pipes, and cigars. Smokeless tobacco refers to a variety of tobacco products that are sniffed, sucked, or chewed. Often queries were made that tobacco use are traditionally included in the social history with other habits but may fit just as appropriately when inquiring about the patient's pulmonary or cardiovascular status. At the dawn of the 20th century, the most common tobacco products were cigars, pipe tobacco, and chewing tobacco. The technique for inquiring about tobacco use will be divided into two categories: smoked and smokeless tobacco. Smoking has the potential to affect every part of the body and cause many diseases such as aggravation of asthma and respiratory, cardiac diseases. Second hand smoking exposure also exposes to the diseases such as, sudden infant death syndrome, middle ear infections, chronic respiratory diseases, low birth weight, periodontitis and carcinoma's such as lung, oropharyngeal, prostate carcinoma etc. In India the smokeless tobacco (SLT) is also taken in the various forms and commonly as chewing, snuffing, application to teeth and gums. The SLT is available in India as paan, paan masala, khaini, zarda and The prevalent misconception related with SLT is that it is considered as safer over smoking which could be on the grounds of its usage in terms of initiation and persistence. More than 28 chemicals have been extracted from SLT which are carcinogens. In case of SLT, nicotine is directly absorbed into the body through the mucous membranes in the mouth or nose. Furthermore, the levels of nicotine in blood are similar in case of SLT users as well as smokers, and it remains in the bloodstream for longer duration. SLT consumption is related with several health issues such as oral cancers, cardiovascular diseases, low birth weight and mental illnesses.

Objectives

01. To assess the pre-test knowledge score regarding hazardous health effect of tobacco use among factory workers.
02. To assess the effectiveness of video assisting teaching programme on awareness regarding hazardous health effect due to use of tobacco among factory workers.
03. To find out the association between pre-test

knowledge score and selected demographic variables.

Hypothesis

H₀- There will be no significant difference between the pre-test and post-test level of

knowledge scores among factory workers regarding oral health hazards of tobacco use and its prevention.

H₁: There will be significant difference between the pre- test and post-test level of knowledge scores among factory worker regarding use of tobacco hazardous and its prevention.

Delimitation

The study is limited to

- * The sample size is limited to 50 factory workers.
- * Prescribed data collection is only 4-6 weeks.
- * The samples who are willing to participate.

Limitation

- * The study is limited to the factory workers above 18 years of age.
- * The study is limited to only those factory workers who are willing to participate in this study.
- * The study is limited to only 50 factory workers who are working in the urban area of Kota.

Materials & Methods

In this present study the researcher adopted a pre - experimental (one group pre-test post, test- research design). A pre -experimental design is a research design that does not include mechanism to compensate for the absence of either randomization or a control group. One group pre-test post-test design provides comparison between a group of subjects before and after the experimental treatment.

Variables

The two types of variables were identified in these studies: -

Independent Variable: -

In the present study it refers to the knowledge level of factory workers regarding hazardous health effect of tobacco use among factory workers.

Dependent Variable: -In this study independent variable refers to the planned teaching programme to teach about the health effects of tobacco usage and its

controlling aspects.

Study Setting: The study was conducted among the factory workers working in selected Industrial Area, Kota.

Population: The conclusion of research study was based on the data obtained from the accessible population and the statistical inferences were made only to the group from which the sample was randomly selected.

- **Target Population:** -In the present study, the target population consisted of all the factory workers working in the area of Kota city.

- **Accessible Population:** - In the present study, the accessible population are the factory workers working at the selected industrial area of urban area of Kota city.

Sample: In this study sample are 50 factory workers of urban areas of Kota city.

Sampling Technique: In present study non probability convenient sampling technique was used. Samples were selected according to some pre-determined criteria.

Sample Size: In this study sample comprised of 50 factory workers working in the selected urban area of Kota city.

Sample Selection Criteria

Inclusion Criteria:

- * Who are both users and non-users of tobacco chewing and smoking?
- * Factory workers are willing to participate.

Exclusion Criteria:

- * The workers who were not available at the time of data collection.
- * The workers not willing to participate.

Data Collection & Analysis: -

Description of tool: Structured questionnaire to assess the knowledge regarding hazardous health effect of tobacco use among factory workers. Total item was 20, with 20 total score. Arbitrary classification on knowledge score was done as excellent, good, average and poor.

Results

This chapter deals with analysis and interpretation of data collected from 50 factory workers who underwent self-structured knowledge questionnaire. Analysis of data involves the translation of information collected during the course of the research study into interpretable, convenient and descriptive terms and tables draw the inferences from them using statistical methods to achieve and fulfill the aim and objectives of the proposed research statement.

Table:1. Comparison between pre-test and post-test knowledge score

S.N.	Knowledge Score	Pre-Test		Post-Test	
		No.	%	No.	%
1.	Poor(0-5)	32	65.0%	00	0%
2.	Average (06-10)	16	32.0%	04	8.0%
3.	Good (11-15)	02	05.0%	31	62%
4.	Excellent(16-20)	00	0.0%	15	30%
	Total	50	100	50	100

Table 2: Significance difference between pre -test and post –test

S.N.	Test	Mean	Standard Deviation	Standard Error	D.F. (N =60)	-	Significance
1	Pre	6.45	3.05	0.630	49	12.126	P<0.0001
2	Post	15.09	3.81				

Highly Significant: When the mean and D.F. of pre-test and post-test were compared and 't' test was applied. It can be clearly seen that the 't' value was 12.126 and p value was 0.0001 which clearly show that video assisted teaching programme was very

effective in increasing the knowledge of factory workers.

Conclusions

Based upon the analysis and interpretation of data we

can conclude that there is statistically significant difference in the pre-test and post-test knowledge and attitude score. Hence, the hypothesis H1, that is “There is a significant difference between the pre- test and post-test level of knowledge scores among factory worker regarding ill effects of tobacco hazardous and its prevention at $p < 0.05$ level of significance” is being accepted.

It was found out that few demographic variables, such as age, previous knowledge, family income and previous sources of knowledge had significant association with pre test knowledge. From the above results, We can conclude that there were a statically significances increase

in regarding hazardous health effect of tobacco use among factory workers in selected urban area Kota. Thus, the intervention videoassisted teaching programmed was effective for acquiring knowledge.

Recommendations

As a similar study can be replicated on large samples, there by findings can be generalized for a large population. A similar study can be repeated with experimental and control group for more generalized findings. A similar study can be conducted to assess the effectiveness of structured teaching programme regarding tobacco chewing. A study can be done using different teaching techniques to educate the patients. A similar study can be replicated on the patients admitted in hospital for the treatment caused due to consumption of tobacco products.

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