

# A Study to Evaluate the Effectiveness of Self Instructional Module (SIM) on Knowledge Regarding Importance of Domestic Waste Management among Women in Rural, Bagalur at Bangalore.

**AUTHOR:** Sr. Doly M J, Mother Vannini College of Nursing, Kadakatla,  
Tadepalligudem, West Godavari Dist., Andhrapradesh, India.

## ABSTRACT

Environmental hygiene is the one of the leading problem of our Country. Due to this many communicable diseases are increasing day by day. Bangalore is one of the most populated districts. People are settled mostly in rural than urban area. It makes worse the situation, by educating women of a family will help in transmitting this knowledge to her family as well as other people in the locality so enriching the whole Country. This present study is targeted to improve the knowledge related to various aspects of domestic waste management. Hence the investigator had taken up the study entitled "A Study to Evaluate the Effectiveness of Self Instructional Module (SIM) on Knowledge Regarding Importance of Domestic Waste Management among Women in Rural, Bagalur at Bangalore".

**KEY WORDS:** Domestic Waste Management, Knowledge, Self instructional Module, Women.

## INTRODUCTION

Waste poses a threat to public health and the environment if it is not stored, collected, and disposed of properly. The perception of waste as an unwanted material with no intrinsic value has dominated attitudes towards disposal. This study investigates the domestic waste practices, waste disposal, and perceptions about waste and health in rural community.

A clean India would be the best tribute to India could pay to Mahatma Gandhi on his 150 birth anniversary in 2019 said Shri Narendra Modi as he launched the Swachh Bharat Mission at Rajpath in New Delhi. On 2nd October 2014, Swachh Bharat Mission was launched throughout length and breadth of the country as a national movement. While leading the mass movement for cleanliness, the Prime Minister exhorted people to fulfill Mahatma Gandhi's dream of a clean and hygienic India.

Waste can cause local pollution and contribute to global warming; we need to look at ways to minimize harm to the environment. We can't continue as we are and will have to make some changes to the way we deal with household waste. Current landfill sites are filling up and councils are looking for more environmentally friendly ways to deal with waste. The Government has set new targets requiring councils to recycle compost and recover more, and greatly reduce the waste which goes to landfill in the future.

## OBJECTIVES

The objectives were to:

1. Assess the knowledge regarding importance of domestic waste management among rural women.
2. Evaluate the effectiveness of self instructional module and its importance of domestic waste management.
3. Find the association between the knowledge scores regarding the importance of domestic waste management among rural women with selected demographic variables.

## HYPOTHESIS

**H<sub>1</sub>:** There was significant gain in knowledge regarding importance of domestic waste management among women.

**H<sub>2</sub>:** There was significant association between knowledge scores of SIM on importance of domestic waste management among women, with their selected demographic variable.

## REVIEW OF LITERATURE

Jince V & Kuriakose Sujith (2014) did a descriptive survey on 300 housewives of Mangalore selected through cluster sampling. The objective of the study was to assess their knowledge and practice regarding domestic waste management. Analysis of the data revealed that among housewives, 77.4 percent had average knowledge, 22.3 percent had poor knowledge and none of them possessed good knowledge regarding domestic waste management. The study also showed a positive correlation between knowledge and practice of housewives on domestic waste management.

Virk K.M.et. al (2010) conducted a study on awareness among rural inhabitants about waste management. 150 mothers were randomly selected to

identify their waste management practice, through personal interview. The study results revealed that 26 percent families, children were throwing waste here and there, 18.6 percent households foul smelled from the waste and 14.6 percent families did not clean bins regularly. Most of the samples were aware of adverse effects of waste materials on environment. Majority of the respondents (83.2%) were aware of malaria, 63.6 percent reported most annoying problem was accumulated waste in the street. 86 percent of the respondents thought waste disposal was a problem.<sup>6</sup> Bizet Mengistie, Negga Baraki (2010), in a cross sectional study to assess the status of household of waste management and hygiene practices in Kersa Woreda, Eastern Ethiopia showed that majority of the households (66%) disposed solid waste in open dumps and only 6.9 % of the households had temporary storage means for solid waste. About 98.4% of the respondent revealed that the responsibility of waste management is left for women and girls. Health workers like nurses and local authorities must pay special emphasis to improve these conditions.

A study on Self Instructional Module the awareness among urban inhabitants about waste management and its impact on environment were conducted in Punjab on randomly selected 150 mothers to identify their waste management practices. The data were collected through personal interviews in which satisfaction from existing waste disposal facilities, perceived effect on health and environment were studied. The result revealed that in 26% families, children were throwing waste here and there, 18.6% households foul smelled from the waste, and 14.6% families did not clean bins regularly. Most respondents were aware of the adverse effects of waste material on the environment. Majority of the respondents (83.2%) were aware about malaria, 65.3% reported most annoying problem was accumulated waste in the streets. Eighty-six percent respondents thought waste disposal was a problem.

## METHOD

Quasi experimental one group pre test post test design was selected for the study. The participants were 60 women in rural Bagalur at Bangalore. Convenient sampling technique was used to select the samples for this study. A structured knowledge questionnaire was used to collect the data from the participants. The level of significance was set at 0.05 levels.

## RESULTS

The findings of the study showed that the mean pretest knowledge score 9.11, 4.17 was less than the post-test knowledge score 17.44, 4.24. The 't' value computed between the pre-test and post test score was statistically significant at 0.05

level ( $t=14.07, df=59$ ). The findings also denoted there is no significant association between the pretest-test knowledge with the demographic variables such as age, education, religion, occupation, type of family, income and source of information.

On determining the general information regarding domestic waste, out of maximum score of 8, the mean score was 3.1 in pre test and 5.13 in post test, with Standard Deviation of 1.18 in pre test and 1.30 in post test and the paired 't' test value was 18.3 at the level of  $P < 0.05$ .

## INTERPRETATION AND CONCLUSION

The teaching has made a commendable effect in improving the knowledge of women. The self instructional module on domestic waste management is a useful strategy to improve their knowledge and contributing to take appropriate measures to protect women from various communicable diseases.

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