

A study to assess the effectiveness of structured teaching programme on home remedies for the selected diseases among the nursing students at selected school Tadepalligudem.

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ABSTRACT

Home remedies have great advantages that they help the body mechanism to fight diseases. Unlike modern medicines which without waiting for the body defense, take the problem directly and in the progress greatly weaken the system. This study help the nursing students regarding the home care and more information will improve the life style among the students in their family. This method can be used without fear of side effects. And can be treated at home itself. The student can treat with simple technique and knowledge. The present study asses the level of knowledge among the nursing students regarding the home remedies for certain diseases, it finds the effectiveness of a structured teaching programme and reveals the association between the knowledge and demographic variables. The study showed positive outcome after the structured teaching programme.

KEYWORDS: Effectiveness, Home Remedies, Structured Teaching Programme, Selected Disease.

INTRODUCTION

Home remedies are not a new concept for the Indians. This is an age old practice which has been passed down from generation to generation. Since a long time this practice is followed from ancestors through the careful food usage and through natural foods. These consumed foods are useful in preventing us from diseases naturally. Even the expert researchers have proved the above said fact. This is why ancestors were enjoying sound health.

PROBLEM STATEMENT

“A study to assess the effectiveness of structured teaching programme on home remedies for the selected diseases among the nursing students at selected school at Tadepalligudem”.

OBJECTIVES

- To assess the level of knowledge among nursing students regarding home remedies for certain diseases such as common cold, cough, premenstrual syndrome, dandruff, tooth ache, indigestion, headache & anemia.
- To find out the effectiveness of structured teaching programme on home remedies
- To find out the association between knowledge and demographic variables

HYPOTHESIS

H₁: There was significant difference in knowledge among nursing students regarding the home remedies before & after Structured Teaching Programme.

H₂: There was significant association between knowledge and demographic factors.

The conceptual frame work of this study is based on (Von Ludwig Bertalanffy - 1968) general system model.

REVIEW OF LITERATURE

A study conducted by Seida, Durect Kuhles (2011) on North American preparations on prevention of the common cold in healthy adults, randomized controlled trials comparing root extract to placebo or non treatment in healthy adults were included. The result of the study showed herbal preparations significantly reduced the total number of common cold by 25% comparing to Placebo.

T Gopinath Achariyer (1992) conducted a study on ginger tea an effective treatment for cough. Randomized controlled trials used for comparing expectorants and ginger tea. Ginger tea had more effectiveness in the cough & the upper respiratory tract infections. Data Collected by interview technique. The samples consist of 30 adults among the cotton mill workers. The result of the study included that, the herbal medicines such as ginger tea is more effective than the expectorants.

Dr. P Padmakumar (1864) conducted a study on health of the teeth and reducing teeth pain by using stem of the neem

for brushing. An Experimental study conducted from the sample of 40 teenage girls & boys. The result of the study says that the neem stem is more effective than any kind of tooth paste. That study concluded that neem leaf & stem are remedy for the tooth pain.

MATERIALS & METHODS

A Quasi experimental research approach was adopted for the study. In This study the researcher aimed at assessing the effectiveness of the Structured Teaching Programme on home remedies for the selected diseases such as common cold, cough, fever, dandruff, headache, anemia, premenstrual syndrome, indigestion among the students.

The convenient sampling technique is adopted for this study.

The tool consist of 30 multiple choice question, administered personally and distributed among nursing students.

The Tool had two Parts:

Part - 1: Demographic Variables

Part - 2: Structured Questionnaire

Total 30 Questions are given and for correct answer one mark and for wrong answer Zero mark is given.

The data was analyzed using descriptive and inferential statistics. The various statistical measures used are analysis of percentage, frequency distribution, Chi- Square for association and 't' test for effectiveness of the Structured Teaching Programme.

RESULTS

- Almost all subjects 11(55%) were 18-20 Years, 8(40%) were 21-23 Years & 1(5%) were above 24 Years age.
- Some of the subjects 2(10%) were Hindus, 18(90%) were Christians & none were Muslims
- Regarding education of father, 4(20%) were illiterate, 10(50%) had primary education and 6(30%) had secondary & above.
- Regarding Education of Mother, 6(30%) were illiterate, 9(45%) had Primary Education & 5(25%) had secondary & above
- Regarding Type of Family, 15(75%) were nuclear family, 5(25%) were Joint Family & none belong to Extended Family.
- Regarding Occupation of The Father, 11(55%) were Farmer, 4(20%) were Business & 5(25%) of them had other occupations.

- Regarding Source of Information, 13(65%) from books, 6(30%) from Friends & Family & 1(5%) from Health Personnels.
- Regarding home remedy used, 8(40%) were never, 6(30%) were often & 6(30%) people sometimes used.

Table-1: - Comparison between the Pre-test and Post-test knowledge.

S. No	Test Status	Level of knowledge Regarding home Remedies for selected diseases		Paired 't' Test value
		Mean	Standard deviation	
1	Pre -Test	12.75%	3.537	0.4889
2	Post - test	20.8%	2.21	

- The table shows that the structured teaching programme regarding home remedies for the selected diseases was effective in increasing the knowledge, There was significant difference between the pretest & post- test knowledge($t=0.4889$).

CONCLUSION

This study showed that there was some knowledge regarding the home remedy among the students between 18-24 years. The structured teaching programme on the same improved their knowledge. So it is recommended that this study can be conducted on large sample in hospital setting. Similar study can be conducted in the community settings.

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