

## **A study to assess the effectiveness of structured teaching programme on knowledge regarding health aspects of Swachh Bharat Mission among arts students at SPW degree college, Tirupati.**

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### **Abstract**

#### **Background:**

Health and hygiene are the most important elements for the overall human well-being and development. Without proper sanitation we can't keep our surroundings clean and prevent ourselves from diseases.

**Aim:** To evaluate the effectiveness of structured teaching programme on arts students knowledge regarding Health aspects of Swachh Bharat Mission.

#### **Method:**

Pre-experimental design (pre and post intervention) was utilized. A total sample of 50 arts students were recruited in the study. The study was conducted at Sri padmavathi women's degree college in Tirupati. Data was collected through a structured questionnaire of arts students knowledge towards Health aspects of Swachh Bharat Mission.

**Results:** The results revealed that, out of 50 arts students majority of 36 (72%) were had inadequate knowledge, and 9 (18%) were had moderate knowledge and only 2(4%) were had adequate knowledge before structured teaching programme. As well as majority of the students 39(78%) were having adequate knowledge, 13(26%) were having moderate knowledge, and only 3(6%) were having inadequate knowledge respectively.

**Conclusion and recommendation:** The implementation of structured teaching programme was effective and effectively improved arts students knowledge towards Health aspects of Swachh Bharat Mission. The study recommended that a comparative study could be done between urban and rural areas, Similar study should be conducted on large population & Conducting camp in the rural areas about the Swachh Bharat Mission.

**Key words:** Health aspects of Swachh Bharat Mission, Structured teaching programme, arts students.

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### **I. Introduction:**

Swachhta that is cleanliness is the abstract state of being clean and the habit of achieving and maintaining that state. Cleanliness may imply a moral quality, as indicated by the aphorism "cleanliness is next to godliness", and may be regarded as contributing to other ideals such as health and beauty. As observed by Jacob Burckhardt, "cleanliness is indispensable to our modern notion of social perfection."

Sanitation and drinking water in India has always been the central issue. However, it continues to be inadequate despite of the On a practical level, cleanliness is related to hygiene & diseases prevention. When we talk about hygiene and diseases then it is necessary to add drinking water and sanitation with it. Without proper sanitation we can't keep our surroundings clean and prevent ourselves from diseases. Around 1989, David Strachan put forth the "hygiene hypothesis" in the British Medical Journal that environmental microbes play a useful role in developing the immune system; the fewer germs people are exposed to in early childhood, the more likely they are to experience health problems in childhood and as adults.

According to Census 2011, India's urban population is 377 million or 31% of the total population. These numbers are expected to increase to 600 million by 2031. The Census 2011 also showed that in 4,041 statutory towns, close to eight million households do not have access to toilets and defecate in the open (7.90 million). Weak sanitation has significant health costs and untreated sewage from cities is the single biggest source of water resource pollution in India. This indicates both the scale of the challenge ahead of the Indian cities and the huge costs incurred from not addressing them.

History of sanitation in India The country's poor sanitation dates back to the pre- Independence era. India initially began resolving the issue in 1986, when the Central Rural Sanitation Programme (CRSP) began. Over the past 30 years, the CRSP as well as the Total Sanitation Campaign (TSC) and Nirmal Bharat Abhiyan

(NBA), have evolved into the current SBM. The table here outlines the key features of all the programmes that existed before SBM was implemented in 2014: The swachh Bharat Abhiyan was launched by Prime Minister Narendra Modi on 2nd October, 2014 at Rajghat, New Delhi with an aim to make clean India, to provide sanitation facilities to every family. Including toilets, solid & liquid waste disposal systems, village cleanliness & safe and adequate drinking water supply by 2nd October, 2019. Environment is one of the determinants of health of individual, family and community at large. People's health is affected by the quality of place they live and work, air they breathe, the water they drink and food they consume.

Health and hygiene are the most important elements for the overall human well-being and development. Hygiene and sanitation are among the most cost-effective public health interventions. Environmental sanitation even today is a major public health issue in India. Apart from causing mortality and morbidity and polluting water, poor sanitation in India has harmful effects on many aspects of human welfare: education, mobility, use of public space, life choices, and, ultimately, livelihoods, incomes, and general well-being.

India accounts for roughly a third of the world's population without improved sanitation and two-thirds of the population practicing open defecation. An estimated 2.5 billion people have no access to improved sanitation have no access to improved sanitation. 71% of these people live in rural areas with more than 90% of them practicing open defecation. Percent of urban population without proper sanitation in India is 63%. As per the 2011 census, there is no drainage facility in 48.9% households, while 33% households have only open drainage system in India. Burden of diseases due to poor sanitation in India. About 1.8 million people die every year from diarrheal diseases; 90% of these are children under 5, and most are in developing countries. Poor sanitation is associated with various infectious diseases, including diarrhea, soil-transmitted helminth infection, trachoma, & schistosomiasis Diarrhoea accounts for the largest share of sanitation related morbidity and mortality, causing an estimated 1.4 million deaths annually, including 19% of all deaths of children younger than 5 years in low-income settings.

**OBJECTIVES:**

- 1) To assess the knowledge on Health aspects of Swachh Bharat mission among Arts students by pre test.
- 2) To evaluate the effectiveness of structured teaching programme on knowledge regarding Health aspects of Swachh Bharat mission among arts students by post test.
- 3) To find the association between the level of knowledge on Health aspects of Swachh Bharat mission with their selected socio-demographic variables among Arts students.

**HYPOTHESIS:-**

**H<sub>1</sub>:** There is a significant difference between pre-test and post-test knowledge scores of arts students on knowledge regarding Health aspects of Swachh Bharat mission.

**H<sub>2</sub>:** There is a significant association between pre-test and post-test knowledge scores of arts students on knowledge regarding Health aspects of Swachh Bharat mission with their selected socio-demographic variables.

**Material and methods**

Pre-experimental design (pre and post intervention) was utilized. A total sample of 50 arts students were recruited in the study. The study was conducted at Sri padmavathi women's degree college in Tirupati. Data was collected through a structured questionnaire of arts students knowledge towards Health aspects of Swachh Bharat mission.

S. no	Test	level of knowledge	Frequency (f)	Percentage (%)	Mean (X)	Standard deviation (s)
1.	PRE TEST	Inadequate	36	72.00	15.54	6.02
		Moderate	9	18.00		
		Adequate	2	4.00		
		Total	50	100.00		

S. no	Test	level of knowledge	Frequency ( f )	Percentage (%)	Mean ( $\bar{X}$ )	Standard deviation ( $\bar{\sigma}$ )
2.	POST TEST	Inadequate	3	6.00	29.90	5.63
		Moderate	13	26.00		
		Adequate	39	78.00		
		Total	50	100.00		

## II. Results:

In pre-test out of 50 arts students, majority of (72%) had inadequate knowledge on Health aspects of Swachh Bharat Mission, and (18%) had moderate knowledge and only 4 percent had adequate knowledge. For post-test knowledge, majority of (78%) students were having adequate knowledge, (26%) were having moderate knowledge, and only few students 6 percent were having inadequate knowledge on health aspects of swachh Bharat mission among arts students after structured teaching programme. Pertaining to Pre-test mean score was 15.54 and Standard Deviation was 6.02. Post-test mean score was 29.90, and Standard Deviation was 5.63. The 't' value was 18.080 and the p value was >0.01 hence research hypothesis was accepted. It evidence that the structured teaching programme is significantly effective on improving knowledge regarding health aspects of swachh Bharat mission among arts students. The researcher revealed that there was significant association between pre-test knowledge and socio-demographic variables such as age, year of graduation and type of family, were significant at 0.01 level, while source of information significant at 0.05 level. The association of post- test knowledge score of subjects with demographic variables such as age, religion, type of family, and aware of Swachh Bharat Mission were showing significant association at 0.01 level, and year of graduation and family monthly income were showing significant at 0.05 level. Hence the research hypothesis H<sub>2</sub> stated that there will be significant association between pre and post-test knowledge scores health aspects of swachh Bharat mission among arts students with their selected socio-demographic variables and H<sub>2</sub> hypothesis was accepted.

## III. Conclusion:

The present study revealed that arts students had inadequate knowledge regarding health aspects of Swachh Bharat mission in pre-test and after structured teaching programme, knowledge had improved among arts students. Hence it can be concluded that there should be a need to conduct the educational programme regarding the health aspects of Swachh Bharat mission to the public to prevent the health related issues.

### NURSING IMPLICATIONS:

The implications drawn from the study is of a vital concern to health professionals including nursing practice, nursing education, nursing administration and nursing research.

### NURSING PRACTICE:

- As a community health nurse, can educate and conduct teaching programmes on health aspects of Swachh Bharat mission to the public, to prevent the health related issues.
- Nurses can take part in conducting awareness programmess regarding the significance of Swach Bharat Mission.
- The community health nurse should be knowledgeable with updated information regarding the Swach Bharat Mission.

### NURSING EDUCATION:

- Health education programs are needed to improve the knowledge of arts students about Swach Bharat Mission.
- Community health nurses can conduct widespread health awareness on the diseases associated with the lack of sanitation.
- Community health nurses can provide information about the benefits of Swachh Bharat Mission.

### **NURSING ADMINISTRATION:**

- The nurse administrator should take interest in providing information regarding comprehensive health education programs about health aspects of Swachh Bharat mission through different mass media especially T.V and community leaders.
- Strategies to disseminate information in school programmes, and in nursing curriculum should be taken into serious consideration,
- Nurse administrators should help in providing adequate resources for conducting awareness sessions in the community.
- Nurse administrators can organize in-service educational programme in order to improve the knowledge.

### **NURSING RESEARCH:**

- Further research on health aspects of Swachh Bharat mission should be strengthened and deeply rooted in rural community.
- Utilization of research findings in the nursing practice should be encouraged.
- The significance & findings of the study can be practiced in their surrounding environment, as to be a part of preventing the diseases like NTD's.

**RECOMMENDATIONS:** On the basis of the findings, the following recommendations have been made for further study.

- Adolescent and youth should educate about the problems of improper sanitation through educational programmes.
- Specific programs such as video-assisted teaching, role-play, seminars and short films should be imparted and integrated in clean India campaigns.
- Awareness about the diseases due to lack of sanitation should be imparted through Social welfare programs.
- Further research should be conducted to address the knowledge about health aspects of Swachh Bharat mission and its health-related issues across different regions of the county.
- A comparative study could be done between urban and rural areas.
- Similar study should be conducted on large population.
- Conducting camp in the rural areas about the Swachh Bharat Mission.

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