Effect of awareness program on knowledge regarding prevention of anxiety related to Covid-19 among Senior citizens

[1]Dr Ghanshyam Patidar

[1]Associate professor
[1] Department of Mental Health Nursing,
[1]Jai Narayan College of Nursing, Bhopal, India

Abstract

The current study has been undertaken to assess knowledge score regarding Prevention of anxiety related to Covid-19 among Senior citizens by awareness program in vill-Bhouri, Bhopal. The research design used for study was pre- experimental in nature. The tool for study was self-structured knowledge questionnaire which consists of 2 parts-PART- I consisted questions related to Socio-demographic data, PART-II consisted of self -structured knowledge questionnaire to assess knowledge score regarding Prevention of anxiety related to Covid-19 among Senior citizens. The data was analyzed by using descriptive & inferential statistical methods. The most significant finding was that 20.0% of Senior citizens were having average knowledge regarding Prevention of anxiety related to Covid-19 whereas 80.0% had Good knowledge after post-test. It was suggested that nurses must educate Senior citizens regarding Prevention of anxiety related to Covid-19.

Keyword- Effect, awareness program, knowledge & Prevention of anxiety related to Covid-19.

1. INTRODUCTION

Corona virus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness. The best way to prevent and slow down transmission is to be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol based rub frequently and not touching your face. The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes,

2. NEED FOR STUDY

The geriatric age-group already has unique physical, psycho-social and environmental vulnerabilities, owing to the frailty, which is conceptualized as a sum-total susceptibility to the physicological and psycho-social attributes associated with age. During the first wave of the outbreak in China, 20 percent of deaths were above 60 years of age The COVID-19 pandemic is Effecting the global population in drastic ways. In many countries, older people are facing the most threats and challenges at this time. Although all age groups are at risk of contracting COVID-19, older people face significant risk of developing severe illness if they contract the disease due to physiological changes that come with ageing and potential underlying health conditions. Government of India is taking all necessary steps to ensure that we are prepared well to face the challenge and threat posed by the growing pandemic of COVID-19 the Corona Virus. With active support of the people of India, we have been able to contain the spread of the Virus in our country. The most important factor in preventing the spread of the Virus locally is to empower the citizens with the right information and taking precautions as per the advisories being issued by Ministry of Health & Family Welfare.

3. OBJECTIVE OF THE STUDY

1. To assess the pre-test & post-test Knowledge score regarding Prevention of anxiety related to Covid-19 among Senior citizens.
2. To assess effect of awareness program on knowledge regarding Prevention of anxiety related to Covid-19 among Senior citizens.
3. To find out association between pre-test knowledge score regarding Prevention of anxiety related to Covid-19 among Senior citizens with their selected demographic variables.

4. HYPOTHESES:

RH$_0$: There will be no significant difference between pre test & post-test knowledge score on Prevention of anxiety related to Covid-19 among Senior citizens.

RH$_1$: There will be significant difference between pre test & post-test knowledge score on Prevention of anxiety related to Covid-19 among Senior citizens.

RH$_2$: There will be significant association between pre-test score regarding Prevention of anxiety related to Covid-19 among Senior citizens with their selected demographic variables.

5. ASSUMPTION

1. Senior citizens may have deficit knowledge regarding Prevention of anxiety related to Covid-19.
2. Awareness program will enhance knowledge of Senior citizens regarding Prevention of anxiety related to Covid-19.

6. METHODOLOGY:

An evaluative approach was used and research design pre experimental one group pre-test post-test research design was used for the study. The samples consisted of 80 Senior citizens selected by Non probability convenient sampling technique. The setting for the study was Vill- Bhouri, Bhopal. Data was gathered with help of demographic variables & administering a self structured knowledge questionnaire by analyst prior & after awareness program. Post-test was done after seven days of pre-test. Data were analysis using descriptive & inferential statistics.

7. ANALYSIS AND INTERPRETATION

SECTION-I Table -1 Frequency & percentage distribution of samples according to their demographic variables.
n = 80

S. No	Demographic Variables	Frequency	Percentage
1	**Age in Years**		
a.	61-65	11	13.8
b.	66-70	41	51.2
c.	≥71	28	35.0
2	**Gender**		
a.	Male	45	56.2
b.	Female	35	43.8
3	**Types of family**		
a.	Nuclear	29	36.3
b.	Joint	42	52.5
c.	Extended	9	11.3
4	**Educational Status**		
a.	No formal education	27	34.0
b.	Primary	26	32.5
c.	Secondary	24	30.0
d	Higher secondary	3	3.5
e	Graduate and above	0	0.0
5	**Sources of Previous knowledge related to Covid-19 and its prevention**		
a.	News	9	11.2
b.	Mass media	68	85.0
c.	None of them	3	3.8

SECTION-II- Table- 2.1.1- Frequency and percentage distribution of Pre-test scores of studied subjects:

Category and test Score	Frequency (N=80)	Frequency Percentage (%)
POOR(1-10)	72	90.0
AVERAGE (11-20)	8	10.0
GOOD (21-30)	0	0.0
TOTAL	80	100.0

The present table 2.1.1 concerned with the existing knowledge regarding Prevention of anxiety related to Covid-19 among Senior citizens were shown by pre-test score and it is observed that most of the Senior citizens 72 (90.0%) were poor (01-10) knowledge & some Senior citizens have 8 (10.0%) were from average category.
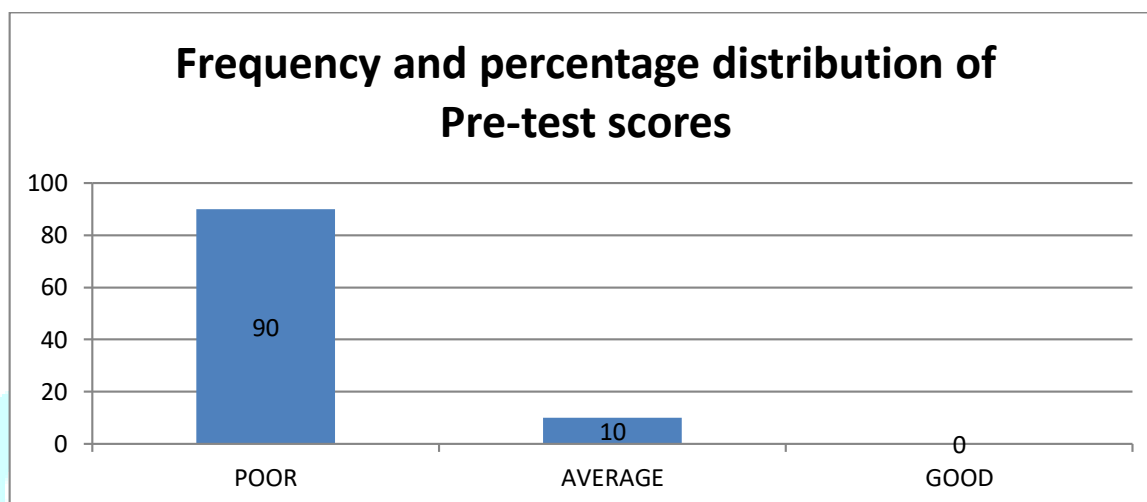

FIG.-2.1.1- Frequency and percentage distribution of Pre-test scores of studied subjects

Table-2.1.2. - Mean ($\overline{X}$) and standard Deviation (s) of knowledge scores:

Knowledge Pre –test	Mean ($\overline{X}$)	Std Dev (S)
Pre-test score	1.10	0.30

The information regarding mean, percentage of mean and standard deviation of test scores in shown in table 2.1.2 knowledge in mean pre-test score was 1.10± 0.30 while in knowledge regarding Prevention of anxiety related to Covid-19 among Senior citizens in vill- Bhouri, Bhopal. Hence, it is confirmed from the tables of section-II that there is a significant difference in mean of test scores which partially fulfill first objective of the present study.
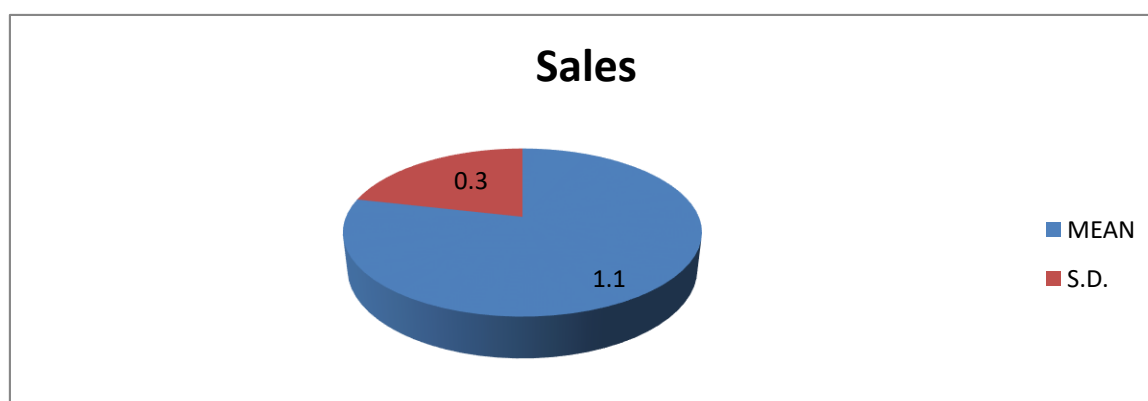

FIG.-2.1.1. - Mean ($\overline{X}$) and standard Deviation (s) of knowledge scores

Table-2.2.1- Frequency and percentage distribution of Post test scores of studied subjects:

Category and post-test Score	Frequency (N=80)	Frequency Percentage (%)
POOR(01-10)	0	0.0
AVERAGE (11-20)	16	20.0
GOOD (21-30)	64	80.0
TOTAL	80	100%

The present table 2.2.1 concerned with the existing knowledge regarding Prevention of anxiety related to Covid-19 among Senior citizens was shown by post test score and it is observed that most of the Senior citizens 64 (80.0%) were **GOOD** (21-30) knowledge & other Senior citizens have 16 (20.0%) category which are **AVERAGE** (11-20) post test knowledge score in present study.
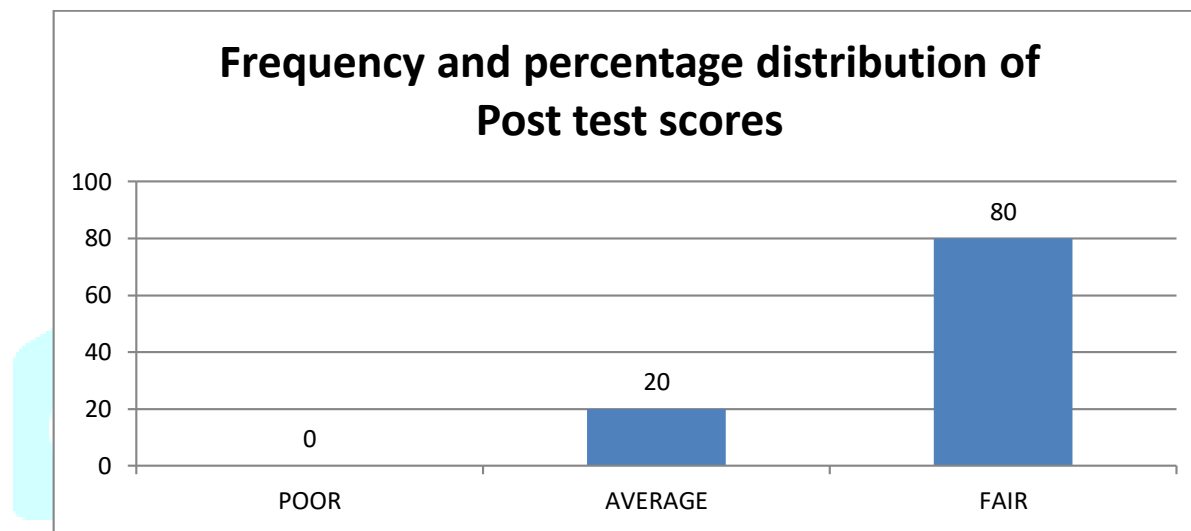

FIG.-2.2.1- Frequency and percentage distribution of Post test scores of studied subjects

Table-2.2.2. - Mean ($\overline{X}$) and standard Deviation (s) of knowledge scores:

Knowledge Test	Mean ($\overline{X}$)	Std Dev (S)
Post-test score	2.80	0.40

The information regarding mean, percentage of mean and SD of post test scores in shown in table 2.2.2 knowledge in mean post test score was 2.80 ± 0.40 while in knowledge regarding Prevention of anxiety related to Covid-19 among Senior citizens in vill-Bhouri, Bhopal.

Hence, it is confirmed from the tables of section-II that there is a significant difference in mean of test scores which partially fulfill 2nd objective of the present study.
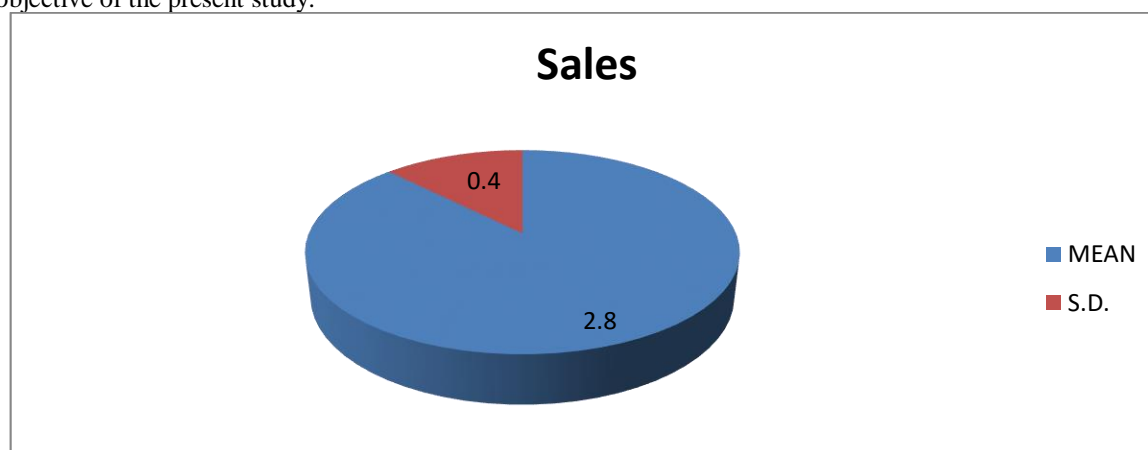

FIG.-2.2.2. - Mean ($\overline{X}$) and standard Deviation (s) of knowledge scores:

TABLE 2.2.3: Effect of awareness program by calculating Mean, SD, Mean Difference and 't' Value of Pre-test and Post-test knowledge.

Knowledge Score of Senior citizens	Mean ($\bar{X}$)	S. D. (s)	Std. Error of Mean	D. F.	t-value	Significance
Pre-test	1.10	0.30	0.05	79	-29.63	P<0.05
Post-test	2.80	0.40				

When the mean and SD of pre-test & post-test were compared & 't' test was applied. It can be clearly seen that the 't' value was -29.63 and p value was <0.05 which clearly show that awareness program was very effective in enhancing the knowledge of Senior citizens.

SECTION-III Association of knowledge scores between test and selected demographic variables:

Table- 3.1 Association of age of Senior citizens with pre-test scores:

Age	Test scores			Total
(in years)	POOR (1-10)	AVERAGE (11-20)	GOOD (21-30)	
61-65	8	3	0	11
66-70	36	5	0	41
≥71	28	0	0	28
Total	72	8	0	80
X= 6.97 p<0.05(significant)				

The association of age test scores is shown in present table 3.1. The probability value for Chi-Square test is 6.97 for 2 DF which indicated insignificant value (p>0.05). Hence, it is identified that there is a insignificant association between age & test scores. Moreover, it is reflected that age is influenced with current problem.

Table- 3.2 Association of gender with pre-test scores:

Gender	Test scores			Total
	POOR (1-10)	AVERAGE (11-20)	GOOD (21-30)	
Male	41	4	0	45
Female	31	4	0	35
Total	72	8	0	80
X= 0.14 p>0.05 (Insignificant)				

The association of gender & test scores is shown in present table 3.2. The probability value for Chi-Square test is 0.14 for 1 degrees of freedom which indicated a insignificant value (p>0.05).Hence, it is identified that there is a insignificant association between gender & test scores.

Table- 3.3 Association of types of family with pre-test scores:

Types of family	Test scores			Total
	POOR (1-10)	AVERAGE (11-20)	GOOD (21-30)	
Nuclear	27	2	0	29
Joint	41	1	0	42
Extended	4	5	0	9
Total	72	8	0	80
X= 23.77 p<0.05 (significant)				

The association of types of family & test scores is shown in present table 3.3. The probability value for Chi-Square test is 23.77 for 2 degrees of freedom which indicated a insignificant value (p>0.05).Hence, it is identified that there is a significant association between types of family & test scores.

Table- 3.4 Association of educational status with pre-test scores:

Educational Status	Test scores			Total
	POOR (1-10)	AVERAGE (11-20)	GOOD (21-30)	
No formal	27	0	0	27
Primary	21	5	0	26
Secondary	22	2	0	24
Higher sec.	2	1	0	3
Graduate & above	0	0	0	0
Total	72	8	0	80
X= 7.35 p<0.05 (significant)				

The association of educational status & test scores is shown in present table 3.4. The probability value for Chi-Square test is 7.35 for 3 degrees of freedom which indicated educational & test scores. Moreover, it is reflected that educational is influenced with present problem.

Table- 3.5 Association of sources of previous knowledge related to prevention of anxiety related to covid-19 with pre-test scores:

Sources of Previous Knowledge	Test scores			Total
	POOR (1-10)	AVERAGE (11-20)	GOOD (21-30)	
News	7	2	0	9
Mass media	62	6	0	68
None of them	3	0	0	3
Total	72	8	0	80
X= 1.93 p>0.05 (insignificant)				

The association of sources of previous knowledge on prevention of anxiety related to covid-19 and test scores is shown in present table 3.5. The probability value for Chi-Square test is 1.93 for 2 degrees of freedom which indicated sources of previous knowledge on prevention of anxiety related to covid-19 & test scores. Moreover, it is reflected that sources of previous knowledge on prevention of anxiety related to covid-19 isn't influenced with current problem.

8. RESULTS

The result of this study indicates that there was a significant increase in post-test knowledge scores compared to pre-test scores of Prevention of anxiety related to Covid-19. The mean percentage knowledge score was observed 1.10 ± 0.30 in pre-test & after implementation of awareness program post-test mean percentage was observed with 2.80 ± 0.40.

9. CONCLUSION

Thus after the analysis and interpretation of data we can conclude that the hypothesis RH1 that, there will be significance difference between pre-test knowledge score with post-test knowledge score at (P<0.05) is being accepted.
Furthermore, awareness program related to Prevention of anxiety related to Covid-19 among Senior citizens may consider as an effective tool when there is a need in bridging & modifying knowledge.

10. LIMITATIONS-

- This was limited to Gram Bhouri, Bhopal.
- This was limited to 80 Senior citizens.

11.REFERENCE-

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