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A Study To Assess The Effectiveness Of Structured Teaching Program On Knowledge Regarding Acid Peptic Disease And Its Prevention Among The Residents Of Selected Community Areas In Bangalore.

1Mr Ghanshyam singh, 2Mrs Shilki Sharma

1Assistant Professor, 2Assistant Professor

1The Capital College Of Nursing ,

2The Capital College Of Nursing

ABSTRACT

BACK GROUND OF THE STUDY:

Peptic ulcer disease (PUD) affects millions globally, with approximately 25 million Americans experiencing an ulcer in their lifetime. Once believed to be caused by stress and diet, up to 90% of ulcers are now attributed to *Helicobacter pylori* infection, a condition treatable with antibiotics. However, lack of awareness among patients and inconsistent treatment practices persist. PUD contributes to significant healthcare burdens, including hospitalizations, deaths, and economic costs. Additionally, unhealthy lifestyles and eating disorders, especially among adolescents, increase gastrointestinal risks. This study aims to raise awareness about PUD, promote early detection, and encourage healthier lifestyle choices to prevent complications.

OBJECTIVES:

1. To assess the pre interventional knowledge of residents of selected community areas regarding the healthy lifestyle in preventing Acid peptic diseases
2. To assess the effectiveness of structured teaching programme on prevention of peptic ulcer among residents of selected community areas.
3. To find out the association between post interventional knowledge score of residents of selected community areas regarding the healthy lifestyle in preventing Acid peptic diseases and with their selected demographic variables.

RESEARCH METHODOLOGY:

The present study adopts a descriptive research design to assess the knowledge and awareness regarding peptic ulcer disease and its prevention. The target population includes individuals aged 20–60 years from selected urban and rural communities. A convenient sampling technique will be employed to select 100 participants. Data will be collected using a structured questionnaire, which includes both closed and open-ended questions related to symptoms, causes, risk factors (such as *Helicobacter pylori* infection and NSAID use), lifestyle practices, and preventive measures. The questionnaire will be validated by experts in gastroenterology and nursing. Prior informed consent will be obtained from all participants. Data will be analyzed using descriptive statistics (frequency, percentage, mean, and standard deviation) to determine the level of awareness, and inferential statistics (chi-square test) will be used to find associations between selected demographic variables and knowledge levels. Ethical approval will be obtained from the concerned institutional ethics committee before conducting the study.

RESULT:

The study assessed the effectiveness of a structured teaching programme on knowledge regarding acid peptic disease and its prevention among 60 residents of selected community areas in Bengaluru. Pre-test and post-test data were collected using a structured interview schedule. The analysis revealed a significant increase in post-test knowledge scores, indicating that the structured teaching programme was effective. The 't' test showed a statistically significant difference between pre- and post-test scores ($p < 0.05$). Chi-square test demonstrated a significant association between post-test knowledge and selected demographic variables such as education and source of information. Thus, the intervention proved beneficial in enhancing awareness.

CONCLUSION:

The study concluded that a structured teaching programme is effective in enhancing knowledge about acid peptic disease and its prevention. Educating the community through systematic health education can promote healthy lifestyle practices, reduce disease risk, and improve public health outcomes, especially in resource-limited community settings.

Keyword:- Structured Teaching Programme , Acid Peptic Disease, Community Health, Knowledge Assessment, Prevention, Health Education, Bengaluru.