"A study to evaluate the effectiveness of nursing intervention in improving knowledge on self-care capability among elderly in selected urban areas, Bangalore , Karnataka."

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Abstract: Background:. Ageing is universal, biological fact, and natural process. It begins from the day we are born, or perhaps even before. No factor causes it and of course, there is no cure. In today's demographic change is a global phenomenon resulting from two almost universal trends: declining fertility and increasing life expectancy. In most developed countries fertility is below replacement level and the majority of countries report increase life expectancy. **Objectives:** 1. Assess the knowledge regarding self-care capability among the elderly.2. Evaluate the effectiveness of nursing interventions on knowledge regarding self-care Capability among the elderly. 3. Determine the association between the post-test knowledge scores regarding self-care capability among the elderly with their selected demographic variables. **Materials and Methods:** One group pretest-posttest design and convenient sampling were followed including 60 samples. Data was collected using a knowledge questionnaire. Data analysis was done with SPSS. **Results:** Findings showed that the majority of subjects (31)51.66% has moderate knowledge and of the subject had inadequate knowledge (29)48.33% with a mean of 13.71 and standard deviation +-3.67. The pretest knowledge mean score was 13.71 with SD 3.67 and the mean for the post-test level of knowledge score was 19.9 with SD 3.76. The paired 't' value was 11.57 was significant at the 0.05 level it is inferred that the nursing intervention was effective in improving the knowledge. Knowledge association between pretest and post-test shows that no significant association was found between the level of knowledge related to Age, Educational Status, previous knowledge at $p<0.05$, and there was no significant association found between levels of knowledge related to elderly with their sex, religion. **Conclusion:** The present study concluded that the elderly have inadequate knowledge on self-care capability before intervention which effectively improved the level of knowledge on self-care capability. The result of the study shows that educational programs can help to enhance the level of knowledge on self-care capability. **Key words: Nursing intervention, self care capability, elderly.**

INTRODUCTION: Ageing is universal, biological fact and a natural process. It begins from the day we are born, or perhaps even before. No one factor causes it and of course there is no cure. Today demographic change is a global phenomenon resulting from two almost universal trends: declining fertility and increasing life expectancy. Most countries in the world experience declining fertility or have stagnating fertility. In most developed countries fertility is below replacement level and majority of countries report increase life expectancy. As a consequence, most parts of the world will witness demographic aging - defined as a rise in median age of populations and a growing share of people above age 65 - during this 21st century.

This demographic ageing, has hit Indian shores as well. People are living longer. Expectation of life at birth for males has shown a steady rise from 42 years in 1951-60 to 58 years in 1986-90, it is projected to be 67 years in 2011-16, an increase of about 9 years in a twenty-five-year period (1986-90 to 2011-16). In the case of females, the increase in expectation of life has been higher about 11 years during the same period, from 58 years in 1986-90 to 69 year in 2011-16. At age 60 too, the expectation of life shows a steady rise and is a little higher for women. The Indian aged population is currently the second largest in the world. It has been estimated that from 5.4% in 1951, the proportion of 60+ people grew to 6.4% in 1981 and is close to 8.1% in 2001.

The increasing number of people living longer has led to international interest in the enhancement of quality of life (QOL) and health-related quality of life (HRQOL) in older age. If ageing is to be a positive experience, longer life must be accompanied by continuing opportunities for life sustenance, self-esteem and freedom. Life sustenance means the provision of basic needs during old age; self-esteem demands respect for the elderly from all institutions of civil society; and freedom is the ability to choose and be free from servitudes of dependence and ill health.

Statement of the Problem: A study to evaluate the effectiveness of nursing interventions in improving self-care capability among elderly population in selected urban areas, Bangalore.

Objectives of the STUDY:

1. To assess the knowledge regarding self-care capability among elderly.

2. To evaluate the effectiveness of nursing interventions on knowledge regarding self-care Capability among elderly.

3. To determine the association between the post-test knowledge scores regarding self-care capability among elderly with their selected demographic variables.

MATERIALS AND METHODS:

Research Approch: An evaluative approach was used.

Research Design: One group pretest posttest design

Setting: Study was conducted at Urban area of Narayanapura, Bangalore.

Target Population: The target population of the study was elder people.

Sample and Sampling Technique: Non-probability convenient sampling was used to select 60 elderly people.

Sampling and data collection: one group pretest-posttest design was used to assess the knowledge regarding self-care capability among elderly in Urban areas of Bangalore. Elderly who were eligible, can understand regional language, who were available during data collection and voluntarily willing to participate in the study were included. Who were sick, who are Mentally Handicapped were excluded. Prior Permission was obtained from ethical clearance committee. Participants signed an informed consent and were told they could withdraw from the study at any time for any reason.

HYPOTHESIS

H1: There was a statistically significant difference between pre-test and post-test knowledge scores on self-care capability among elderly with nursing intervention.

H2: There was a statistically significant association between the post-test knowledge scores regarding self- care capability among elderly population with their selected demographic variables.

DESCRIPTION OF TOOL

PART I: Deals with demographic variables include age, gender, education, Previous Knowledge, Religion.

PART - II: It deals with rating scale to assess the level of knowledge on self-care capability. It consists of 30 Rating scale . Each question gives success answer as 1 score. If not answering gives 0 score.

**Score Interpretation:** The score was interpreted as follows:

Inadequate knowledge	:	< 15
Moderately adequate	:	16-23
Adequate knowledge	:	< 15

Data analysis: Data was analyzed by using descriptive and inferential statistics. Frequency, percentage, Item analysis, mean, standard deviation, Paired 't' test and chi-square test were done.

Results: The results shows that majority of them (37)61.66% were at the age group of 66-70 years and only (23) 38.33%were aged at 60-65yrs. Regarding the religion, majority (91)85% of them Hindu, (5) 8.33% Christian , (3)5% of them Muslims, and remaining (1)1.66% comes under others category, Regarding education 51(85%) are literate and only 9 (15%) are illiterate, on the bases of Gender, 30(50%) Male and 30 (50%) Female. Based on the previous knowledge majority of elderly (35) 58.33% having previous knowledge, and remaining (25)41.66% not having an idea in self care capability.

Frequency and percentage distribution of the elderly by the scores obtained on knowledge regarding self-care capability before and after nursing intervention, shows that in the pre-test, out of 60 people majority of them (31)51.66% had moderate knowledge, (29)48.33% them had inadequate knowledge and no one had adequate knowledge in the post test, majority of them (46)76.66% had
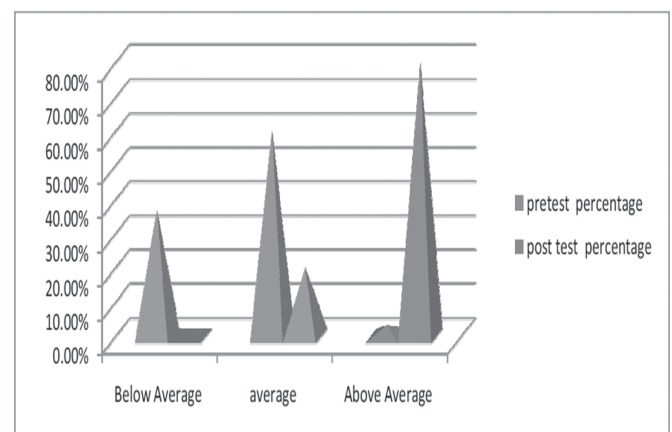
moderate knowledge, (9)15% of them had adequate knowledge and (5)8.33% in inadequate knowledge. Hence the research hypothesis is (RH1) was accepted.
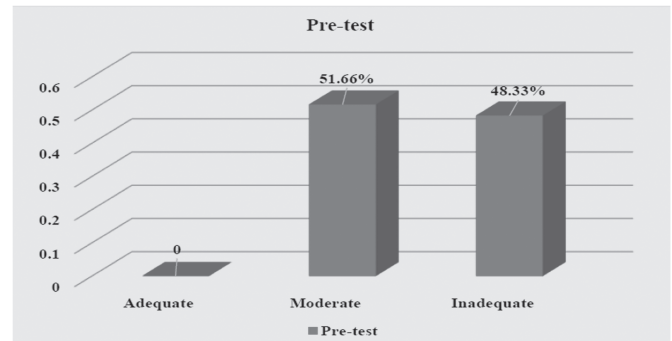
Percentage distribution of pre - test level of knowledge.
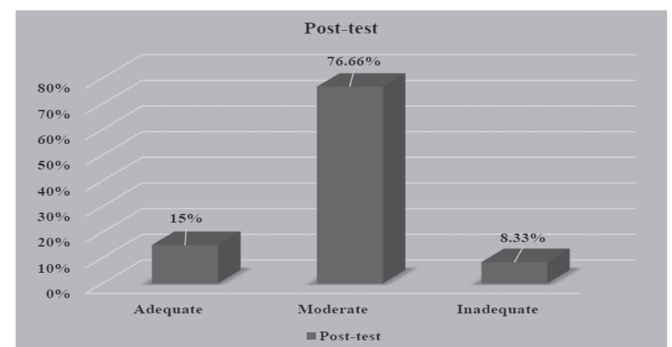
Percentage distribution of post-test level of knowledge.

Comparison of pre-test and post-test level of knowledge.

Table 1 reveals that the mean score of post-test level of knowledge 19.9 was higher than the mean score

of pre-test level of knowledge 13.71. The SD Pre-test was 3.67 and 3.76 in post-test. The paired 't' test value 11.57 was greater than the table value (2.20) at the 5% level of significance. Hence the stated hypothesis RH1 is accepted.

Table 1: Effectiveness of nursing intervention regarding self-care capability.   N= 60

Depend Variable	Pre Test		Post Test		t Value
Knowledge	Mean	SD	Mean	SD	
	13.71	3.67	19.9	3.76	11.57

The analyzed table do not reveal association of knowledge self-care intervention with age, religion, educational status, class, income, previous knowledge.in the pretest level of knowledge.

DISCUSSION: The discussion of the present study was based on the findings obtained from the descriptive and inferential statistical analysis of collected data. It is presented in the view of the objectives of the study. The study related to level of knowledge regarding self care capability among elderly population shows that in the pre-test, out of 60 people majority of them (31) 51.66% had moderate knowledge, (29) 48.33% them had inadequate knowledge and no one had adequate knowledge in the post test ,majority of them (46)76.66% had moderate knowledge, (9) 15% of them had adequate knowledge and (5)8.33%in inadequate knowledge.

The results Shows that with regard to association of level of knowledge regarding self care capability in elderly people and selected demographic variables, the calculated value is less than the table value at P=0.05. So stastically there is no significant association between level of knowledge among elderly people and selected demographic variables.

CONCLUSION:

In the present study concluded that the elderly have inadequate knowledge on self-care capability during pre-test. The nursing interventions are effectively improving the level of knowledge on self-care capability. After the intervention majority 76.66% of the sample had moderately adequate knowledge. Result of the study shows that educational programme can help to enhance the level of knowledge on self-care capability.

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