

A pre-experimental study to assess the effectiveness of video-assisted teaching program on knowledge regarding household waste management among women in a rural area of district Jammu, J&K, 2022.

ABILASHA SHARMA

PhD Scholar, Deshbhagat University, Punjab.

Abstract— To assess the knowledge regarding household waste management in selected rural area of district Jammu. A pre-experimental study was conducted to assess the effectiveness of video video-assisted teaching program on knowledge regarding household waste management among women in rural area of district Jammu Pre-experimental research design was used 60 subjects were selected in rural area of district Jammu. The data suggest the level of knowledge regarding household waste management in rural areas of district Jammu. A clean environment influences good health and improves the quality of human life. Awareness and education is very necessary about waste disposal for household women. Proper waste disposal is important for household protection and the environment. Lack of knowledge and irregular and unplanned dumping of waste disposal is a major problem for human health. To improve the knowledge of women regarding household waste management. The research design is pre-experimental and samples 60 women in a rural area of KOTLI CHADKA district Jammu. Data is collected Tool1; is a sociodemographic variable. Tool2; structured tool questionnaire. The study findings the level of knowledge in pretest taken from women. It depicts that 34% of women have a poor level of knowledge regarding household waste management 7.83% of women have an average level of knowledge regarding household waste management. The post-test shows 24% of women have a poor level of knowledge whereas 33% to 93% have a good level of knowledge regarding household waste management.

Index Terms- Women, Household Waste Management

I. INTRODUCTION

A clean environment contributes to better health and enhances human life quality. It is crucial to raise awareness and educate households, especially women, about proper waste disposal. Effective waste management is essential for environmental

preservation. Improper waste disposal often stems from inadequate knowledge and haphazard dumping practices. Insufficient understanding of waste management poses significant health risks. Access to waste containers and dustbins is essential for proper waste disposal. Many women encounter difficulties due to limited knowledge and inadequate availability of dustbins at home¹.

Awareness and education are very necessary about waste disposal for household women. Proper waste disposal is important for the protection of the environment. Lack of knowledge and irregular and unplanned dumping of waste are the main reasons for improper waste disposal. Poor knowledge about waste disposal is the main problem for human health. Waste containers and dustbins are very important needs for the disposal of waste. Due to lack of knowledge, and insufficient availability of dustbins in homes, women are facing many problems¹.

Waste disposal refers to the process of removing, destroying, or storing damaged, used, or unwanted materials, which can include packaging waste such as glass, paper, and plastic. This process spans across domestic, commercial, and agricultural sectors.

Between 2 to 6 billion people globally, comprising 39% of the world's population, do not employ appropriate waste disposal methods. Roughly 1.1 billion individuals still dispose of waste in open spaces. Improper waste management is especially widespread in rural areas, resulting in various health issues for women. Surveys revealed that a significant number of rural women do not dispose of household waste and garbage properly, a problem exacerbated by the absence of adequate dustbins. This study focused

on rural areas to assess women's understanding of household waste management.

In India, approximately 377 million people generate 62 million tons of municipal solid waste annually. Out of this total, around 43 million tons (70%) are collected, and 11.9 million tons (20%) undergo treatment. However, about 31 million tons (5%) are still dumped in landfill sites.³

Women must be knowledgeable about household waste disposal. Awareness among women regarding waste management is vital. Insufficient or incorrect handling of household waste can lead to health risks and have a significant environmental impact. With proper knowledge of waste disposal, women can safeguard themselves from infectious diseases and maintain a clean environment.⁴

Moreover, women should cultivate a positive attitude towards household waste disposal. Their attitude towards waste management is influenced by their level of knowledge.⁴

Insufficient waste collection and improper disposal contribute to the spread of pathogens, leading to diseases such as cholera and diarrhea. These practices also contaminate the environment, increasing the risk of infection and illness among women.

When women take an active role in waste disposal, they can reap significant health and environmental benefits. By improving waste management practices, they can reduce the spread of diseases and eliminate breeding grounds for cholera, mosquitoes, flies, and rodents.

Educating women about proper household waste disposal is essential for promoting better practices. Media channels like radio, television, and other mass media can play crucial roles in imparting this knowledge to women in rural areas.⁵

Problem statement

A pre-experimental study to assess the effectiveness of video-assisted teaching program on knowledge regarding household waste management among women in a rural area of district Jammu, J&K, 2022.

Aims

- 1 To determine the knowledge of women regarding household waste management.
- 2 To identify any potential environmental impacts from the generation of waste.

Objectives

- 1 To assess the pretest knowledge score on knowledge regarding household waste management among women in a rural area.
- 2 To plan & implement video video-assisted teaching program regarding household waste management among women in rural areas.
- 3 To assess the post-test knowledge score on knowledge regarding households among women in the rural area.
- 4 To assess the effectiveness of video teaching programs on knowledge regarding household waste management among women in rural areas.
- 5 To determine the association between the knowledge and selected demographic variables on household waste management among women in rural areas.

II. METHODOLOGY

Research Approach

A quantitative research approach was used for the present study, as it aimed to assess the knowledge regarding household waste management in selected area of Jammu 2022.

Research design

A pre-experimental study design and one group pre-post-test test research design was considered appropriate for the present study to assess the knowledge of women regarding household and their relationship with selected variables such as Age, Education, occupation, income status, type of religion, and number of family member.

III. VARIABLES

SOCIO DEMOGRAPHIC VARIABLES: -for the present study age, education, occupation, income status, type of religion, no family member.

INDEPENDENT VARIABLES The present study is a video-assisted teaching program regarding household management among women.

DEPENDENT VARIABLES: the present study is knowledge regarding household waste management among women.

RESEARCH SETTING:

The present study was conducted in the Village Kotli Chadka district of Jammu. It is situated on Bishnah Road and it is 40 kilometers away from the Jammu city. The village has public and private transport Government water supply.

TARGET POPULATION

The target population for the study was women above the age of 19 years and residing in Kotli Chadka District Jammu.

SAMPLE AND SAMPLING TECHNIQUE

The total sample was 60 Purposive sampling technique was used to select the sample.

Criteria for sampling selection

1 Inclusion criteria: - Those women included as study sample:-

- 1 Who were above 19 years of age.
- 2 Who were willing to participate in the study
- 3 Who were present at the time of data collection

2 Exclusion criteria women were not participating as the study sample.

- 1 Who were not willing to participate in the study
- 2 Who were not present at the time of data collection

DEVELOPMENT OF TOOL

A tool was prepared consisting of the following selection.

- Section 1: -socio Demographic information of study subject.
- Section 2: -video-assisted teaching programme
- Section 3: Questionnaire to assess the knowledge of the women regarding household waste management.

Description of tool

- Section This part of the tool consists of six items for obtaining demographic information of study subjects such as age, education, occupation, income, status, type of religion, and number of family members.

- Section B:-criterion measures

Questionnaire to assess the knowledge of women regarding household waste management in selected areas of Jammu 2022. This section consists of 30 multiple-choice questions. Each correct answer contains a score of 1 and an incorrect answer contains 0 marks. The total score was obtained by adding individual item scores.

Based on the score subjects were categorized as
The score was categorized as....

level	%Age		score
Good	>75		21-30
Average	11-20	>50-75	
Poor	<50		0-10

Maximum score= 30

Minimum score =00

VALIDITY OF TOOL

The content validity of the tool was determined by the expert's opinion. The tool was calculated among the experts from the field of Community Health nursing psychiatric nursing, obstetrics, and gynecology nursing, medical surgical nursing, and pediatric nursing.

Reliability of tool

Reliability is the degree of consistency or dependability with which an instrument measures the attribute, reliability was calculated by the Karl Pearson coefficient correlation test. The reliability of the self-structured questionnaire was 0.7. Hence the tool was reliable.

IV. DATA ANALYSIS & INTERPRETATION

Hypothesis

H0:- There is significant difference between pre-test knowledge score and post-test knowledge score regarding household waste management among women

H1:- There is a significant association between pre-test knowledge scores and post-test knowledge scores with the selected demographic variables regarding household waste management among women.

Section – 1

Frequency & distribution of sample characteristics

Table 1

N=60

Sr. no	Socio-demographic variables	Frequency	Percentage %
1	Age		
	19 Yrs.	3	5
	20-25 yrs.	8	13.3
	26-35 yrs.	16	26.7
	More than 35	33	55
2	Education		
	Illiterate	6	10
	Primary	23	38.3
	Matric	14	23.3
	Graduate	17	28.4
3	Occupation		
	Working	14	23.3
	Non – working	46	76.7
4	Income		
	<5000	23	38.3
	5,000-10,000	11	18.3
	10,000-15,000	20	33.4
	>15,000	06	10
5	Religion		
	Sikh	40	66.7
	Hindu	20	33.3
	Muslim	-	-
	Christian	-	-
6	No of family members		
	< 2		
	4		
	5	13	21.7
	More than 5	15	25

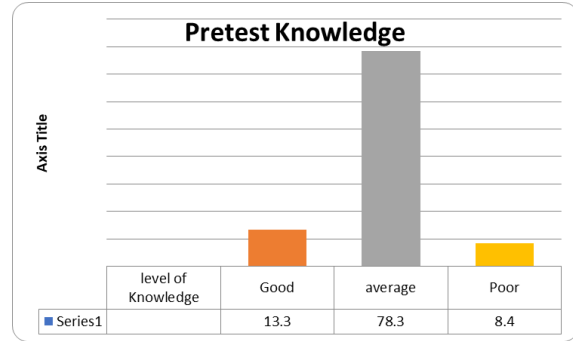


Fig Percentage distribution of pre-test knowledge regarding household waste management.

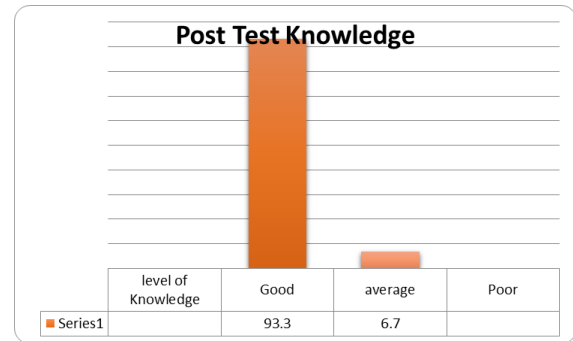


Fig Percentage distribution of post-test knowledge regarding household waste management.

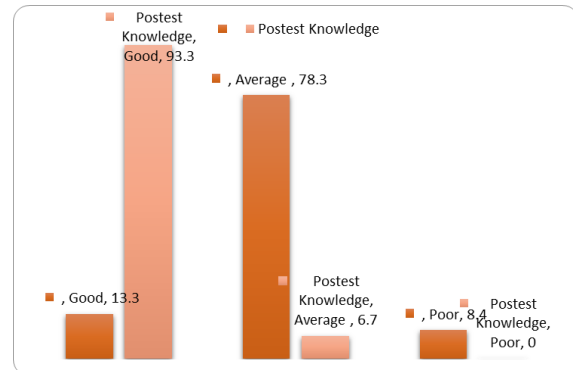


Fig 9 Percentage distribution of pre-test and post-test knowledge regarding household waste management.

findings related to the pre-test and post-test level of knowledge regarding household waste management among women.

73.3% of Women have an average level of knowledge, 13.3% of Women have a good level of knowledge and 8.33% of Women have a poor level of Knowledge regarding household waste management in rural area Kotli Chadka, District Jammu. 93.3% of women have a good level of knowledge and 6.7% of women have an average level of knowledge regarding household

waste management in rural area kotli chadka, District Jammu.

findings related to the association with post-test knowledge regarding household waste management among women in selected rural area and selected socio-demographic variables

There was a statistically non-significant association between occupation and a statistically significant between age, education, income, religion, and number of family members among women in rural area.

RECOMMENDATIONS

1. The study can be complicated on a large sample to validate & generalize the findings.
2. Similar studies can be conducted on different populations & different settings.
3. A comparative study can be conducted in urban areas to know the difference in the level of knowledge among women in urban settings.

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