

# A Study to Assess the Knowledge and Attitude Regarding Cataract Among the Elderly People in Selected Urban Community of Guwahati, Assam.

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*Abstract— A Cataract is a clouding of the lens inside the eye which leads to a disease in vision. It is the most common cause of blindness and is conventionally treated with surgery. Those with cataracts often experience difficulty in appreciating colors and changes in vision, driving, reading, recognizing faces & coping with glare from bright light. Discoveries in medical science and improved social conditions during the past few decades have increased the life span of man. Many people in the developed countries are living more than 70 years and over. In the world about 12% of the people live more 65 years of age, as against 3.8% in India. The life expectancy is increased due to the improvement of medical and social services all over the country. Wearing ultraviolet-protecting sunglasses may slow the development of cataracts. The aim of the study is to assess the knowledge and attitude regarding cataract among the elderly people in selected urban community of Guwahati, Assam". Objectives of the study were 1. To assess the knowledge regarding cataract among elderly people in selected urban community of Guwahati. 2. To assess the attitude on cataract among elderly people in selected urban community of Guwahati. 3. To correlate the knowledge and attitude regarding cataract among elderly people in selected urban community of Guwahati. 4. To find out the association between knowledge regarding cataract with their selected demographic variables such as age, gender, education, family monthly income, occupation. 5. To find out association between attitude regarding cataract among elderly people with their selected demographic variables such as age, gender, education, family monthly income, occupation. The research approach adopted for the study was descriptive survey research approach. The tools used for the study were structured questionnaire to assess the knowledge and 3-point Likert scale to assess attitude. The tool was validated by 6 experts. The reliability of tool was determined by using Split Half method, Karl's Pearson Formula for Reliability. The reliability of Knowledge was (0.80) and attitude was (0.70). The technique used for the study was self report. Majority 56 (56%) of the respondents were in the age group of 50-54 years. Majority 68(68%) of the respondents were male. Majority 75(75%) of the*

*respondents were Muslim. 36 (36%) of the respondents possessed the educational level of secondary 29(29%) graduated, 20(20%) had primary education and only 15(15%) post graduated, 51(51)% of the respondent's occupation was business, 47(47%) of the respondents monthly income was between Rs.5,000-10,000/-, 71(71%) of the respondents did not have smoking habit, 89(89%) of the respondent did not take alcohol. 59(59%) of the respondent had diabetes mellitus. 65(65%) of the respondent had previous knowledge of cataract, 46% of the respondent got the information of cataract from Health professional. In knowledge score, out of 100 elderly people, 48 (48%) had moderately adequate knowledge (score 50-75), 34 (34%) of elderly people had inadequate knowledge (score <50) and 18 (18%) had adequate knowledge (score >75). The mean score of knowledge of the elderly people was 11.54 and standard deviation was 4.07 with range of score of 4-20. In attitude score 43 (43%) had moderately favorable attitude (score 50-75), 39 (39%) had favorable attitude (score >75) and 18 (18%) of them had unfavorable attitude (score <50). The mean score of attitude of the elderly people was 29.16 and standard deviation was 6.53 with range of score 18-42. Chi-square analysis was used to see whether there exist any significant association between knowledge and attitude. Elderly people had moderately adequate knowledge so the knowledge needs to be increased cataract disease. Elderly people had moderately favorable attitude on cataract disease. Awareness program regarding cataract needs to be conducted regularly.*

*Index Terms— Knowledge, Attitude, Cataract, Elderly*

## I. INTRODUCTION

A Cataract is a clouding of the lens inside the eye which leads to a disease in vision. It is the most common cause of blindness and is conventionally treated with surgery.<sup>1</sup> Those with cataracts often experience difficulty in appreciating colors and changes in vision, driving, reading, recognizing faces & coping with glare from bright light. Discoveries in

medical science and improved social conditions during the past few decades have increased the life span of man. Many people in the developed countries are living more than 70 years and over. In the world about 12% of the people live more 65 years of age, as against 3.8% in India. The life expectancy is increased due to the improvement of medical and social services all over the country. Wearing ultraviolet-protecting sunglasses may slow the development of cataracts.<sup>2</sup>

Early diagnosis and treatment are keys to preventing permanent vision problems. The World Health Organization estimates that up to 80% of blindness and serious visual loss around the world is avoidable through prevention or treatment.<sup>3</sup>

II. MATERIALS AND METHODS

This was a descriptive non experimental study which was conducted in the urban community of Hatigaon, Guwahati, Assam , among the elderly people 50 years & above age group. The study was completed within 6 months of time period. The size of the sample was 100 elderly people of 50 years & above. Non Probability Convenience sampling technique was used to select the subjects for the study. For assessing the knowledge structured self administered questionnaire was adapted and to assess attitude 3 point Likert scale was used regarding cataract using descriptive survey approach. As cor-relation research attempts to understand relationships among phenomenon as they naturally occur, without any intervention. The purpose of the study to assess the knowledge and attitude regarding cataract among the elderly people in selected urban community of Guwahati, Assam.”

III. RESULTS

The Study showed that out of 100 sample most of the elderly people , 56(56%) were aged between 50–54 years, 68(68%) were male, 75(75%) belonged to Muslim community, 36(36%) were secondary school pass 51(51%) occupation was business, 71(71%) did not have smoking habit, 47(47%) monthly income was between Rs. 5,000-10,000/-, 89(89%) do not take alcohol, 59% did not suffer from diabetes mellitus, 65(65%) got knowledge from health personnel. The study also showed that 48(48%) had moderately adequate knowledge, 34(34%) had inadequate

knowledge and 18(18%) had adequate knowledge regarding cataract. The study also showed that 43(43%) had moderately favorable attitude, 39(39%) had favorable attitude and 18(18%) had unfavorable attitude on cataract. The study showed that the correlation between knowledge and attitude overall mean score of knowledge was 11.54 with SD 4.07 and overall mean score of attitude was 29.16 with SD6.53. The Pearson correlation coefficient was r=0.64 and can be concluded as there is moderately positive correlation between knowledge and attitude. The study shows significant association between knowledge with educational status, smoking habit, alcohol consumption, diabetes mellitus, and previous knowledge of cataract. The study also shows that there was significant association between attitudes on cataract among elderly people with selected demographic variables.

SECTION 1: Frequency and percentage distribution of demographic variables of elderly people

TABLE 1: Distribution of elderly people according to demographic variables.

n=100

AGE IN YEARS	FREQUENC Y	PERCENTAG E
50-54	56	56
55 – 59	19	19
60 – 64	21	21
65 & >65	4	4
GENDER		
Male	68	68
Female	32	32
RELIGION		
Hindu	25	25
Muslim	75	75
Christian	0	0
Others	0	0
Educational Status		
Primary	20	20

Secondary	36	36
Graduate	29	29
Post Graduate	15	15
Occupation		
Service holder	31	31
Business	51	51
Retired	12	12
Unemployed	6	6
Monthly income in Rs		
5000-10000	47	47
10001-15000	21	21
15001-20000	14	14
20001 & above	13	13
Smoking habit		
Yes	29	29
No	71	71
Alcohol Consumption		
Yes	11	11
No	89	89
Diabetes Mellitus		
Yes	41	41
No	59	59
Source of information of cataract		

News paper	6	6
Television & Radio	23	23
Health professional	46	46
Other	25	25

Table 2: Frequency and percentage distribution of elderly people according to their knowledge and attitude regarding cataract

Knowledge	Frequency and Percentage	Mean	Sd	Range of score	Total score
IA (<50%)	34(34%)	11.54	4.07	4-20	20
MA(50-75%)	48(48%)				
A (>75%)	18(18%)				
Total	100(100%)				
Attitude					
UF(<50%)	18 (18%)	29.16	6.53	18-42	42
MF (50-75%)	43(43%)				
F (>70%)	39(39%)				
Total	100(100%)				

Table 3: Correlation of knowledge and Attitude of the elderly people

	Mean	SD	Correlation Coefficient
Knowle dge	11.54	4.07	0.64
Attitude	29.16	6.53	

Table 4: Association of knowledge with demographic variables

Educational status	IA	MA	Total	Cal	Tab	df	Remarks
Primary	12	8	20	8.49	5.99	2	S

Secondary	12	24	36					
Above graduate	10	34	44					
total	34	66	100					
2. Smoking habit	IA	MA	Total	Cal	Tab	df	Remarks	
Yes	15	14	29	5.69	3.84	1	S	
No	19	52	71					
Total	34	66	100					
3. Alcohol consumption	IA	MA	Total	Cal	Tab	df	Remarks	
Yes	7	4	11	4.82	3.84	1	S	
No	27	62	89					
Total	34	66	100					
4. Diabetes Mellitus	IA	MA	A	Total	Cal	Tab	df	Rem Remarks
yes	24	12	5	41	18.65	5.99	2	s
No	10	36	13	59				
Total	34	48	18	100				
5. Previous knowledge of cataract	IA	MA	A	Total	Cal	Tab	df	Remarks
yes	22	27	16	65	6.12	5.99	2	s
No	12	21	2	35				
Total	34	48	18	100				

### DISCUSSION

The present study was conducted to assess the knowledge and attitude regarding cataract among the elderly people in selected urban community of Guwahati, Assam. The discussions of the findings of the study have been discussed with the reference of the objectives of the study.

1. The first objective is to assess the knowledge regarding cataract among elderly people

The present study findings on knowledge can be supported by the findings of 130 Murthy GV (2004) who conducted a population based survey to estimate the prevalence rate, knowledge of cataract and cause of blindness among elderly people at New Delhi using

cluster sampling technique. Study revealed that the major cause of blindness was cataract (70.4%) and others (35%). The study concluded that age, female gender and education were associated with blindness.<sup>4</sup>

2. The second objective is to determine the attitude regarding cataract among elderly people.

The findings can be supported by the study findings of J. Bhagwan (2006) who conducted a descriptive study to determine knowledge, attitude and practices regarding cataract surgery among Senile Cataract cases among elderly people in Haryana, India. The result showed that 90.1% cases were aware about cataract, major source of knowledge was through peer groups/ relatives(73.73%). 57.58% cases related it to old age and preferred treatment from allopathic doctors (57.11%). Only 65.69% responded for surgery

for treatment, majority for camps (73.3%). 70.69% cases wanted operation only when able to see nothing. At the same time, majority (72.36) preferred surgery without intraocular lens implant (ILO).<sup>5</sup>

### CONCLUSION

The study will highlight the need of giving education to the people regarding cataract. Nurses may give awareness programme to the people regarding cataract.

Through this study the investigator concluded that if knowledge base is increased then there will be positive attitude regarding cataract.

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