



Effectiveness of Structured Teaching Programme on Epilepsy among People Living in Rural Area

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ABSTRACT

Epilepsy also known as falling sickness, the normal pattern of neuronal activity becomes disturbed. This causes strange sensations, emotions and behavior or sometimes convulsions, muscle spasms and loss of consciousness. The purpose of study was to assess the effectiveness of the structured teaching programme on epilepsy in terms of knowledge and attitude among people between the age group of 20- 60 years residing at Kanagarappattu village in Chidambaram Taluk. A Total of 30 samples were selected by using convenient sampling technique. According to gender 12 (40.0%) of them were male, 18(60%) of them were female participated in the study. The mean knowledge score was found to be 32.00 with the SD of 9.86 in pre-test, whereas in the post test it was found to be 46.00 with the SD of 2.20. The mean attitude score was found to be 13.33 with the SD of 1.97 in pre-test, whereas in the post test it was found to be 19.02 with the SD of 2.13. The improvement in knowledge and attitude score was statistically tested by paired 't' test and the result were found to be significant ($p < 0.001$). It indicated that structured teaching programme on epilepsy was effective in improving knowledge and attitude of the people living in Kanakarapattu village.

Keywords: Epilepsy, Structured teaching programme, Knowledge and attitude

1. Introduction

Epilepsy is one of the most serious neurological disorder and crosses all geographical boundaries and affects all age group. The impact of epilepsy is not only on the person with epilepsy but also the family and indirectly community are affected. The burden of epilepsy could be due to physical hazards of epilepsy due to unpredictability of the seizures, social exclusion because of negative attitudes of others towards people with epilepsy, stigma as adults may be barred from marriage and employment is often denied. The most important problems of epileptic management are lack of patient awareness on early diagnosis, continued treatment, irregular drug supply, high cost of drugs and socio cultural barriers.

The three partners, the WHO, the International League against Epilepsy (ILAE) and the International Bureau for Epilepsy (IBE) launched the global campaign against epilepsy to improve the treatment and social acceptance of patients with epilepsy. "Out of the shadows" is the slogan for the campaign, which combines two approaches raising the public and professional awareness and understanding of epilepsy and encourage governments and departments of health to identify the needs of people with epilepsy including awareness, education, diagnosis, treatment, care, services and prevention.

Senthil Amudhan et al., (2015) conducted a study on prevalence of epilepsy in India 70 million people have epilepsy in globally and nearly 80% of them are found in developing regions. There are more than 12 million people with epilepsy in India, Prevalence rate is 3.0-11.9 per 1000 population. Incidence rate is 0.2-0.6 per 1000 population. Epilepsy is one of the most prevalent neurological disorder .That can be effectively prevented and treated at an affordable cost by creating awareness on epilepsy.

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2. Research Design and Method

The study was conducted to evaluate the effectiveness of structured teaching programme and to assess the knowledge and attitude on epilepsy among people living in Kanakarapattu village, Chidambaram Taluk at Cuddalore District in Tamilnadu. Both male and female who are in the age 20-60 years were included in the study. A Total of 30 samples were selected by using convenient sampling technique. The pre test was conducted by using structure interview questionnaire for assessing level of knowledge and 5 point likert scale used for attitude. Then structured teaching programme on epilepsy was given. one week later post test was conducted by using a same structure interview questionnaire and 5 point likert scale.

3. Result and Discussion

The data were analysed based on the objectives of the study by using descriptive & inferential statistics. Frequencies & percentages distribution was used to assess the demographic variables, knowledge and attitude. To test the effectiveness of structured teaching programme, paired "t" test was used.

Table - 1 Distribution of demographic variables of the subject

N = 30

Demographic Variables		Number	Percentage
Age	21 – 30 years	8	26.67
	31 – 40 years	6	20.00
	41 – 50 years	5	16.67
	51 - 60 years	11	36.66
Gender	Male	12	40.00
	Female	18	60.00
Education	Illiterate	9	30.00
	Primary school level	14	46.66
	Higher secondary level	2	6.67
	Graduate	5	16.67
Occupation	Farmer	11	36.66
	House wife	12	40.00
	Self business	2	6.67
	Official	5	16.67

Table No: 1: Shows that out of 30 participants 8(26.6%) were in 21-30 years of age, 6 (20%) of them 31-40 years, 5 (16.6%) were in 41-50 years and 11(36.6%) were belongs to 51-60 years of age. According to gender 12 (40.0%) of them were male, 18(60%) of them were female participated in the study. According to Education 9(30%) of them were illiterate, 14(46.6%) of them were primary school level, 2(6.6%) of them were higher secondary level, 5(16.6%) of them well graduate in this study. According to occupation 11(36.6%) of them were farmer, 12(40%) of them were housewife, 2(6.6%) of them were self business and 5(16.6%) of them were working officials.

Table- 2 Level of knowledge of the subjects on epilepsy in the pre test and post test

N = 30

Level of Knowledge	Pre test		Post test	
	N	%	N	%
Adequate knowledge	8	26.6	21	70.0
Moderately adequate knowledge	17	56.6	7	23.3
Inadequate knowledge	5	16.7	2	6.6

Table-2 Shows that in the pretest 8 (26.6%) of the subjects had adequate knowledge, 17(56.6%) of the subjects had moderately adequate knowledge and 5 (16.7%) were had inadequate knowledge were as in the pre test. 21 (70.0%) subjects had adequate knowledge, 7(23.3%) of the subjects had moderately adequate knowledge and 2 (6.7%) subjects had inadequate knowledge in post test. It indicated that there was an improvement in the level of the knowledge of the subjects in post test when compared with the pre test score.

Table-3 Level of attitude based on epilepsy in the pre test and post test

N = 30

Level of Attitude	Pre test		Post test	
	N	%	N	%
Favourable Attitude	9	30.00	16	53.33
Moderately favourable Attitude	13	43.33	9	30.00
Unfavourable attitude	8	26.67	5	16.67

Table-3 Reveals that in the pretest 9 (30.0%) of the subjects had favourable attitude, 13 (45.337%) of the subjects had moderately favourable attitude and 8 (26.67%) were had unfavourable attitude. But in the Post test 16 (53.33%) of the subjects had favourable attitude, 9 (30%) subjects had moderately favourable attitude and 5 (16.67%) were had unfavourable attitude. The present study findings were similar to the findings of **Andualem H et.al (2017)**

Table-4 Effectiveness of structured teaching programme on epilepsy of the subjects

N = 30

Variable	Group	Mean	SD	t- value	P- value
Knowledge	Pre test	32.00	9.86	4.421	0.001** (S)
	Post test	46.00	2.20		
Attitude	Pre test	13.33	1.97	3.269	0.001** (S)
	Post test	19.02	2.13		

***- Highly Significant at P<0.001 level

The mean knowledge score was found to be 32.00 with the SD of 9.86 in pre-test, whereas in the post test it was found to be 46.00 with the SD of 2.20. The improvement in knowledge score was statistically tested by paired 't' test and the result were found to be significant (p<0.001). The mean attitude score was found to be 13.33 with the SD of 1.97 in pre-test, whereas in the post test it was found to be 19.02 with the SD of 2.13. The improvement in attitude score was statistically tested by paired 't' test and the result were found to be significant (p<0.001). It indicated that structured teaching programme on Epilepsy was effective in improving knowledge and attitude of the people living in Kanakarapattu village. The study findings were congruent with the findings of **Shrikant desai et al.(2015) and Macit, et al (2018)**

4. Conclusion

The result reveals that the people had inadequate knowledge unfavourable attitude towards epilepsy in the pre test. But after the structure teaching programme there was a significant improvement in the subjects knowledge and attitude regarding epilepsy. Therefore it is evident that the structured teaching programme was effective in improving the knowledge and attitude regarding epilepsy.

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