



**A STUDY TO ASSESS EFFECTIVENESS OF STRUCTURED TEACHING  
PROGRAMME (STP) ON KNOWLEDGE REGARDING DEMENTIA AMONG  
ADULTS IN A SELECTED COMMUNITY AREA AT INDORE, M.P.**

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**Abstract**

Dementia is a collective term used to describe problems that people with various brain disorders or disorders can have with memory, language and thinking. Alzheimer's disease, cardiovascular disease, pre-existing dementia are the most common and most common diseases under the umbrella of dementia. Dementia as a clinical disorder is characterized by cerebral palsy worldwide, which reflects a decline from previous levels of functioning, and is associated with impairment of functional skills and, in many cases, behavioral and mental disorders. It is a progressive degenerative disease that is a disorder of aging. It is characterized by widespread mental retardation, progressive memory loss, language difficulties, confusion and confusion. It is a test study. The research methodology used in this study is the experimental research method. A targeted sampling method was used to select samples. The sample size was 30 people. Data was collected using a closed questionnaire. The analysis was performed with descriptive and non-descriptive statistics. The result showed that the mean score for the post-test information (20) was higher than the average for the pre-test score (20). The median difference in the pre-test (6.8) scores was significant at 0.05% of "t" = 7.42 \* P.

## **INTRODUCTION**

Dementia is the most feared and traumatic disease in later life. Current estimates indicate that there are an estimated 18 million cases of dementia worldwide and there will be an estimated 34 million people suffering from dementia. The overall prevalence of dementia ranges from 5 percent to 7 percent. Alzheimer's disease is the most common dementia disease in about 80 percent of all dementia cases. The number of people with dementia is slowly increasing. The Alzheimer's Society believes that careful future planning is needed now to ensure proper care and support is available. Dementia is a disease that affects the brain and its ability to function. Early detection of warning signs can make a big difference to a patient and a family. The Alzheimer Society has developed a series of educational lessons for people with dementia and their caregivers to explore the future journey into a positive, educational and supportive environment.

Dementia mainly affects older people, although there is a growing awareness of cases that start before the age of 65. Awareness of adults with dementia will help prevent and quickly detect early signs of dementia. Keeping the above facts in perspective the researcher is committed to educating adults about dementia. Thus has chosen to take up the present study.

### **Objectives**

1. To assess the knowledge regarding dementia among adults.
2. To assess the practice regarding dementia during adults.
3. To evaluate the effectiveness of structure teaching programme on knowledge and practice regarding dementia.
4. To provide education regarding dementia

### **Hypothesis:**

The hypotheses will be tested at 0.05 level of significance.

H1: - There will be significant difference in knowledge regarding dementia among adults attending in community area pre and post interventional experimental group.

### **Methods and Material**

An extensive review of literature was undertaken. The conceptual framework based on health promotional model the An experimental research approach was used to assess the knowledge regarding dementia among adults. A pre experimental research design was Considered Appropriate For the Study “Effectiveness of Structured Teaching Programme (STP) on Knowledge Regarding Dementia among Adults”. One group pre test and post test design was used. In order to measure the content validity of the tool, criteria check list for validation of the tool were submitted to 7 experts to establish to content validity. The experts were requested to give their opinion regarding relevance, appropriateness and usefulness of the items of the tool. Tool was collected from all the experts and modification was made as per the suggestion. The tool was found reliability of tool was calculated with split half method and found 0.87 for knowledge which is statically reliable for the present study.

## **RESULT**

To identify the level of knowledge profile, percentage, mean and standard deviation will be used. Distribution of respondents according pre-test and post-test level of knowledge score according to frequency and percentage. Effectiveness of planned teaching programme on knowledge on prevention of dementia among adults in pre -test and post-test used by paired “t” test and P value. The major findings of the study revealed that the mean post-test knowledge score (20) was higher than the mean pre-test score (20). The mean difference pre-test score (6.8) of knowledge was significant at 0.05% level at the “t”=7.42\*P

## **CONCLUSION**

The study aimed at testing effectiveness of planned teaching programmed on knowledge regarding Dementia among adults. The result showed that the planned teaching program was highly effective. Dementia is biologically, physiologically, and psychologically stressful, even for healthy people and post test score of knowledge and practice regarding dementia among adults will be analyzed through following statistical technique. Descriptive statistics: - Mean, standard deviation, range and mean score percentage will be used to quantify the level of knowledge before and after structured teaching program. Inferential statistics: - paired t-test will be used to examine the effectiveness of structured teaching program by comparing the pre-test and post scores.

