

**“EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON
KNOWLEDGE OF LIFESTYLE MODIFICATION AMONG THE IN
SELECTED AREAS OF PUNE CITY”.**

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Abstract

The most recently discovered coronavirus (COVID-19), generates a contagious illness. The COVID-19 pandemic has ushered in a new war for a safe and fearless living in human history. Although millions of people are recovered from COVID-19 most of the recovered patients had no idea that after recovery they also needed good lifestyle modification. On the other side, many are not following the proper diet plan, sleep pattern, physical and mental exercise, etc. We all know how dangerous and infectious coronavirus is and its infection breaks our immunity system, so for fighting coronavirus infection and reducing complications for all COVID-19 survivors, good life modification knowledge plays a very important role. Out of 60 COVID-19 survivors, revealed that 24(40%) had poor, 27(45%) had an average, and 9(15%) had good knowledge about lifestyle modification. but after implementing the planned teaching program the post-test results were 0(0%) had poor, 16(26.66%) had an average, and 44(73.33%) had good knowledge about lifestyle modification. The entire pre-test mean of COVID-19 survivors was 11.15 while the post-test mean was 18.28. The study used a quantitative design with a one-group pre-test and post-test adopting pre-experimental and purposive sampling techniques. The effectiveness of a planned teaching program knowledge questionnaire was tested using by self-structured questionnaire. According to the conclusions of the study, COVID-19 survivors lack adequate knowledge. The findings showed that the planned teaching program was very effective in increasing the knowledge level of COVID-19 survivors. This study helps COVID-19 survivors to adopt good lifestyle changes and increases their level of knowledge regarding the benefits of choosing good lifestyle changes after recovering from this deadly coronavirus.

KEYWORDS: COVID-19, COVID-19 survivors, lifestyle modification, knowledge, Planned teaching program

Introduction

The COVID-19 virus is a true monster that has engulfed not only our country but the entire globe. This devastating illness took the lives of many people. This novel, deadly coronavirus was unknown just before the outbreak in Wuhan, China, in early December 2019. The very first COVID-19 case was diagnosed in Kerala, India, on January 27, 2020. While we are still

understanding how COVID-19 affects children, adolescents, the elderly, and persons with pre-existing medical disorders like heart disease, lung disease, cancer, diabetes, and other major illnesses, they appear to develop serious infections more regularly than others.¹

According to the World Health Organization, lifestyle influences 60% of health and quality of life determinants. Many people are living unhealthy lifestyles, and the most shocking part is that they are completely unaware of it. Hence they experience health-related problems, disabilities, and even death. Problems like metabolic syndrome, heart diseases including coronary artery disease, heart attack, and hypertension, Type-2 diabetes, overweight and obesity, mental health issues including increased feelings of depression and anxiety, violence, and so on, can be caused by following an unhealthy lifestyle.²

The relationship between lifestyle and health should be highly considered. We all know how dangerous and infectious coronavirus is and it is infection breaks our immunity system, so for fighting coronavirus infection and reducing complications for all COVID-19 survivors, good life modification knowledge plays a very important role. After recovery from COVID-19, a covid survivor also needs a good start. A disease-free and productive body is considered to be fit. There are numerous strategies for covid survivors to acquire fitness, including eating a well-balanced diet, practicing yoga, changing sleeping patterns, and keeping good hygiene. Physical illness makes us unhappy, and mental illness has a negative impact on our physical health. As a result, covid survivors must create a good balance between their physical and mental health. A bad lifestyle will eventually lead to physical and mental issues.³

COVID-19 survivors can lower their chance of problems by adopting a better lifestyle. The majority of them work from home during pandemics. Although many have been quarantined and are recovering at home. Obesity has become a major worry around the world, leading to a slew of disorders including heart disease, stroke, hypertension, diabetes, joint problems, and breast cancer. Exercise also greatly helps in the maintenance of good health by assisting in weight control, improving emotional well-being and stress relief, improving blood circulation, increasing flexibility, lowering blood pressure, increasing energy levels, improving balance and thus reducing the risk of falls, lowering blood sugar levels and thus assisting in the prevention of diabetes, and improving bone density and thus assisting in the prevention of osteoporosis.⁴

A healthy lifestyle is an ongoing process and must be prioritized by recovered COVID-19 survivors to reduce the risk and complications of other diseases also even after their covid treatment. lifestyle modification that may help the COVID-19 survivors feel better and reduce their anxiety. This study helps COVID-19 survivors to adopt good lifestyle changes and increases their level of knowledge regarding the benefits of choosing good lifestyle changes after recovering from this deadly coronavirus.⁵

Objectives

1. To assess the pre-intervention knowledge regarding lifestyle modification among the COVID-19 survivors in the selected area of Pune City.

2. To assess the post-intervention knowledge regarding lifestyle modification among the COVID-19 survivors in the selected area of Pune City.
3. To evaluate the effectiveness of the planned teaching program on knowledge of lifestyle modification among the COVID-19 survivors in the selected area of Pune City.
4. To find out the association between pre-intervention with selected demographic variables among the COVID-19 survivors in the selected area of Pune City.

Methodology

This present study is a descriptive study carried out in the selected urban area Pashan of Pune among the COVID-19 survivors of 18-above 48.1 years. A pre-experimental one-group Pre-test Post-test design was adopted by the researcher. By using the purposive sampling technique, a total of 60 COVID-19 survivors who met the inclusion criteria were chosen. A self-structured questionnaire with questions on socio-demographic characteristics and knowledge-based questionnaires to evaluate COVID-19 survivors' knowledge of lifestyle modification was used during the study. Following the Pre-test, the COVID-19 survivors were given a planned teaching program. After a 7-day interval, a Post-test was administered. Previously, data was collected within my academic community's posting hours.

Results:

Table no 1: Socio-demographic characteristics

Sr. no.	Variables of socio-demographics		No.(%)
1	AGE	18-28	10 (16.66)
		28.1-38	20(33.33)
		38.1-48	10(16.66)
		48.1 & above	20(33.33)
2	GENDER	Male	40(66.6)
		Female	20(33.3)
		Transgender	0(0)
3	QUALIFICATION	Below 10th pass	14(23.3)
		Graduation	20(33.33)
		Post-Graduation	20(33.33)
		Post-Graduation & Above	6(10)

4	MARITAL STATUS	Married	35(58.3)
		Unmarried	18(30)
		Widow	6(10)
		Divorce	1(1.66)
5	FAMILY TYPE	Nuclear family	30(50)
		Joint family	20(33.33)
		Extended family	10(16.66)
6	INCOME	Below 10,000	10(16.66)
		10,001-30,000	24(40)
		30,001-50,000	20(33.33)
		50,001 & above	6(10)
7	RELIGION	Hindu	30(50)
		Muslim	16(26.6)
		Christian	12(20)
		Other	2(3.33)

Table I showed that (16.66%) of the age group 18-28 years and 38.1-48 years, (33.33%) of 28.1-38 years and 48.1 above. Maximum Participants were gender (66%), the maximum participant was graduation and postgraduation having qualifications (33.33%), maximum of (58.3%) were married, and maximum participant (50%) had nuclear families. (40%) were 10,001-30,000 rupees income, and (30%) belonged to the Hindu religion.

Table II: Pre-test knowledge score of COVID-19 survivors.

S.N.	Scores	Frequency (f)	Percentage (%)
a.	POOR(0-8)	24	40%
b.	AVERAGE(9-16)	27	45%
c.	GOOD(16-24)	9	15%

Table II showed the above provide data revealed that 40% of COVID-19 survivors had poor, 45% of COVID-19 survivors had an average, and 15% had good knowledge about lifestyle modification

Table III: Post-test knowledge score of COVID-19 survivors.

S.N.	Score	Frequency (f)	Percentage (%)
a.	POOR (0-8)	0	0%
b.	AVERAGE (9-16)	16	26.66%
c.	GOOD (16-24)	44	73.33%

Table III showed the above provide data revealed that 0% of COVID-19 survivors had poor, 26.66% of COVID-19 survivors had an average, and 73.33% had good knowledge about lifestyle modification.

Table IV: Effectiveness of planned teaching program on knowledge of lifestyle modification.

Variables	Mean	Standard deviation
Pre-intervention score	11.73	4.63
Post-intervention score	18.28	3.49
t-test	*-11.882	

Table IV. The average Pre-test score is 11.73, the standard deviation is 4.63 and the Post-test score is 18.28, the standard deviation is 3.49. The t-test score value is *-11.882.

Table V: Association of pre-test knowledge scores with the demographic characteristics.

Demographic Variable	f	Poor	Average	Good	Pearson Chi-Square
AGE					P=0.223
18-28	10	1	8	1	
28.1-38	20	7	9	4	
38.1-48	10	6	3	1	
48&above	20	10	7	3	
GENDER					0.709
Male	40	15	18	7	
Female	20	9	9	2	
Transgender	0	0	0	0	
QUALIFICATION					0.019
Below 10 th pass	14	8	4	2	
Graduation	20	11	9	0	
Post-graduation	20	5	11	4	
Post-graduation & above	6	0	3	3	

MARITAL STATUS					
Married	35	18	11	6	0.277
Unmarried	18	4	12	2	
Widow	6	2	3	1	
Divorce	1	0	1	0	
FAMILY TYPE					
Nuclear family	30	11	14	5	0.961
Joint family	20	9	8	3	
Extended family	10	4	5	1	
INCOME					
Below 10,000	10	6	2	2	0.221
10,001-20,000	24	12	10	2	
20,001-30,000	20	5	12	3	
30,001&above	6	1	3	2	
RELIGION					
Hindu	30	10	17	3	0.413
Christian	16	8	5	3	
Muslim	12	6	4	2	
Other	2	0	1	1	

Table V showed the above chi-square test is carried out to investigate the relationship between COVID-19 survivor's knowledge of lifestyle modification and demographic characteristics in the selected area of Pune City. The results indicate that the COVID-19 survivors' Qualification level and pre-knowledge score have a significant relationship but there was no association between age, gender, marital status, family type, income, or religion.

Discussion

It is one of the first prospective studies to look at the impact of a planned teaching program on lifestyle changes such as sleeping, mental wellbeing, physical fitness, and dietary practices after COVID-19 recovery. A similar conclusion was made in a study on lifestyle style behavior undertaken by DimpalRawat et al , which found a strong correlation between demographic characteristics and pre-test knowledge ($p=0.03$). The current study highlights the necessity for lifestyle behaviorprograms via the E-media platform, as well as the transmission of health information.

Implication

Everyone values mental as well as physical wellness. After recovering from COVID-19, nurses are encouraged to teach and use planned teaching program strategies to assist and support their therapeutic interactions of lifestyle modification. This study can be implemented in rural areas as well as community schools to raise awareness of the importance of lifestyle modification after recovery from COVID-19. COVID-19 survivors must be aware of the

various complications and challenges associated with COVID-19, which are directly related to lifestyle. Community health nursing students also take the initiative to educate COVID-19 survivors about healthy lifestyle choices. The current study focuses on lifestyle changes in recovered COVID-19 populations in order to identify problems and provide information to help them improve.

Conclusion

COVID-19 survivors stated that the planned teaching program was very effective in boosting their knowledge of lifestyle modification. The planned teaching program improved knowledge about lifestyle modification. The post-test score is higher than the pre-test score, as evidenced by the fact. It is our responsibility as nursing students to plan various health education activities in order to make every Indian citizen aware of the necessity of lifestyle modification after recovering from COVID-19.

Conflict of Interest: Nil

Ethical Consideration: Nil

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