A STUDY TO ASESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME 0N KNOWLEDGE REGARDING PREVENTION OF ROAD TRAFFIC ACCIDENT AMONG ADOLESCENTS IN SELECTED PU COLLEGES, MYSURU

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ABSTRACT

Road traffic accident (RTA) is any injury due to crashes originating from, terminating with or without involving a vehicle partially or fully on a public road. Road traffic accidents are considered as one of the important public health problem around the world. Road traffic injuries are the biggest killer of teenagers globally, international data released by the WHO reveals in 2015 more than 1.2 million adolescents died. According to the worldwide report more than 3000 die everyday .Currently RTAs are the leading cause of death and are predicted to become the 5th leading cause of death by the year 2020.Accidents are killing more people in India more than terrorism or natural disasters.[1] Research approach indicates the description of plan to investigate the phenomena under study the present study aimed to assess the effectiveness of structured teaching programme on Knowledge regarding prevention of road traffic accidents among adolescents in selected PU colleges in Mysuru. The research design selected for the study was pre experimental one group pre-test post- test design.

KEYWORDS: Road traffic accident (RTA), Structured teaching program (STP) Adolescents.

INTRODUCTION

Accidents tragically are not often due to ignorance but are due to carelessness, thoughtlessness and over confidence. Thousands of people lose their lives on roads everyday. Many more left with disabilities or emotional scars that they will carry for the rest of their lives. Every hour of every day 40 adolescents die as a result of road traffic accidents. aThe period of adolescence is pivotal that they seems to be very keen in adopting certain lifestyle changes to tempt others. Adolescence is a bridge between adulthood and childhood. Adolescence, transitional phase of growth and development between childhood and adulthood .Safety is not an intellectual exercise to keep us in work. It is at matter of life and death. It is the sum of our contributions to safety management that determines whether the people we work with live or die.[2]

According to recent trends India contribute 21 percent of global RTA. India stand on second number. Every year their 1, 05, 725 deaths occur out of which 84% male 16% females in 12-19 years of age group .In general, adolescents have most of their accidents in cars when begin driven by people of their parents age . But adolescents of 12 and 13 begins to travel with drivers only a couple of years older than they are. Many of this 14 and 15 years of old driver show off, usually by driving too fast often because they believe these will impress their friends. According to projection senses of India,2009 ,children aged 14 years and younger comprise 7% of fatalities.[3]

OBJECTIVES

1. To assess the knowledge regarding prevention of road traffic accidents among adolescents.
2. To assess the effectiveness of structured teaching programme on knowledge regarding prevention of road traffic accidents among adolescents.
3. To find out the association between knowledge of adolescents on prevention of road traffic accidents with their selected demographic variables.

Hypotheses
1. **H1:** There will be significant difference between mean pre test and post test knowledge scores of adolescents regarding prevention of road traffic accidents among adolescents.
2. **H2:** There will be significant association between the knowledge of adolescents regarding prevention of road traffic accidents among adolescents.

RESEARCH METHODOLOGY

Research approach indicates the description of plan to investigate the phenomena under study the present study aimed to assess the effectiveness of structured teaching programme on Knowledge regarding prevention of road traffic accidents among adolescents in selected PU colleges in Mysuru. The research design selected for the study was pre experimental one group pre-test post- test design.

RESULTS

Frequency and percentage distribution of adolescents according to their selected personal variables n= 60.

Sl.NO	Sample characteristics	Frequency (f)	Percentage (%)
1	Age(in years)		
	1.1 16-18	60	100%
2	Gender		
	1.1 Male	28	46%
	2.2 Female	32	53.3%
3	Religion		
	3.1 Hindu	35	58.3%
	3.2 Christian	10	16.6%
	3.3 Muslim	15	25%
4	Place of residence		
	4.1 Urban	55	91.6%
	4.2 Rural	5	8.3%
5	History of accident		
	5.1 No	60	100%
6	Source of information		
	1.1 Teacher	15	25%
	1.2 Electronic mass media	30	50%
	1.3 Friends	15	25%
7	Habit of consumption of alcohol		
	7.1 Yes	7	11%
	7.2 No	53	88

Frequency and percentage distribution of level of knowledge of adolescents according to their pre test and post test scores. n = 60.

Knowledge level	Pre test f(%)	Post test f(%)
Poor knowledge(0-15)	0	0
Average knowledge (16-23)	46 (76.66%)	43(78.33%)
Good knowledge (>24)	14 (23.33%)	17(28.33%)

It is evident from the above Table that, majority 46(76.66%) of the adolescents had average knowledge and 14(23.33%) had good knowledge regarding prevention of road traffic accidents in the pre test .Where as in the post test, 43(78.33%) had average knowledge and 17(28.33%) of them had good knowledge.

The data presented in **Table** shows that the mean pre test knowledge score is 21.13 with standard deviation of ±2.23 and ranged from 17-27 and the mean post test knowledge score is 21.45 with standard deviation of ±2.34 and ranged from 17-28.This indicates that there was an increase in the mean knowledge scores of adolescents after structured teaching programme.

Mean, median, standard deviation and Range of pre test and post test knowledge scores of adolescents n=60.

Test	Mean	Median	Range	SD
Pre test	21.13	22	17-27	±2.23
Post test	21.45	21.5	17-28	±2.34

Mean, mean difference, standard deviation, standard error and paired 't' value of pre test and post test knowledge scores of adolescents n = 60.

Knowledge scores	Mean	Mean difference	SD difference 't'	Standard error	Paired test
Pre test	21.13	0.32	±0.11		0.49
Post test	21.45				

t(59)= 2.007; p<0.05*significant

The data presented in the **Table 4** shows that the mean difference between the knowledge of pre test score and post test score is 0.32. To find the significant difference in mean knowledge scores, paired't' test was computed and obtained value of paired 't'= 0.49, p<0.05 is found to be significant. Hence the null hypothesis is not accepted. It is inferred that there is significant improvement of knowledge after structured teaching programme.

Chi-square values between level of knowledge of adolescents and their selected personal variables n=60.

Sl.no	Sample characteristics	Average Knowledge	Good knowledge	Chi- square value
1	Age in years			
	1.1 16-18	30	30	0.016
2	Gender			
	2.1. Male	15	13	0.103
	2.2. Female	18	14	
3	Religion			
	3.1. Hindu	20	15	0.743#
	3.2. Christian	6	4	
	3.3. Muslim	7	8	
4	Place of residence			
	4.1. Urban	32	27	0.743#
	4.2. Rural	2	3	
5	History of accident			
	5.1. Yes	0	0	0.16
	5.2. No	39	21	
6	Source of information			
	6.1. Textbook, journals	0	0	1.56
	6.2. Teachers	7	8	
	6.3. Electronic mass media	12	18	
	6.4. Friends	9	6	
7	Habit of consumption of Alcohol			
	7.1. Yes	4	3	1.001#
	7.2. No	20	33	

(1)=3.84; (3)=7.8 , p<0.05 –* significant, # - Yates correction

The data presented in table shows that, there was no statistically significant association between the level of knowledge of adolescents regarding prevention of road traffic accident with their selected personal variables. Hence, the null hypothesis is accepted and it is inferred that their will be no significant association between the level of knowledge of adolescents and their selected personal variables.

CONCLUSION

In this study, data related to knowledge of adolescents regarding prevention of road traffic accidents among adolescents revealed that majority (76.6%) of the adolescents had average knowledge and (23.3%) of them had good knowledge regarding prevention of road traffic accidents in the pre test. Whereas in post test (71.6%) of them had average knowledge and (28.3%) of them had good knowledge. The data also revealed that the mean pre test knowledge score is 21.1 with standard deviation of ± 2.23 and ranged from 17-27 and the mean post test knowledge score is 21.4 with the standard deviation of ± 2.3 and ranged from 17-28. These findings were similar to other study which revealed that there was an increase in mean knowledge scores of adolescents after structured teaching programme .In the pre test and post test none of the samples(0%) had poor knowledge.

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