

# A Study to Assess the Effectiveness of Video-Assisted Teaching on Knowledge Regarding Preventive Measures of Osteoporosis among Post-Menopausal Women in Selected Tribal Community at Mount Abu, Rajasthan

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**Abstract:** *Osteoporosis is an increasing public health problem worldwide. It is characterized by low bone mass and micro architecture deterioration of bone tissue, leading enhanced bone fragility and consequent increase in fracture risk. Unfortunately women tend to have high risk of getting osteoporosis than men because actually loss one third of trabecular bone mass while men loss only one fourth of bone mass during their life time. Osteoporosis is a silent disease affecting primarily women. A current approach for assessing several factors related to osteoporosis preventing behavior such as weight bearing exercise and calcium intake is needed. Present study was conducted to assess the effectiveness of video assisted teaching regarding preventive measures of osteoporosis among post-menopausal women in selected tribal community at Mount Abu, Rajasthan”.*

**Keywords:** Assess, Effectiveness, Video Assisted teaching, Knowledge, Preventive measures, Osteoporosis, Post-menopausal Women

## 1. Objectives

- 1) To assess the existing knowledge regarding preventive measures of osteoporosis among post-menopausal women in selected tribal community at Mount Abu, Rajasthan.
- 2) To prepare and administer Video Assisted Teaching on knowledge regarding preventive measures of osteoporosis among post-menopausal women in selected tribal community.
- 3) To assess the effectiveness of Video Assisting Teaching on knowledge regarding preventive measures of osteoporosis among post-menopausal women in selected tribal community.
- 4) To find out the association between pre-test knowledge of post-menopausal women regarding prevention of osteoporosis and selected socio-demographic variables.

## 2. Materials and Method

An evaluative research approach with pre-experimental one group pretest post test design was used for the present study. The sample consisted of 75 post-menopausal women at tribal community, Mount Abu, who were selected by convenience sampling technique. The data was collected prior to and after the video assisted teaching by structured knowledge questionnaire.

## 3. Results

### Finding related to demographic variables

In the present study 42.70% of women were from the age group of 45 to 54 years, 33.30% of women were illiterate, 33.30% participants were with one year duration after menopause, 49.30% participants were Hindu, 64% of women were belongs to the joint family, 42.70% had monthly income of Rs. 10,001-15,000/-, 40% respondents

were having previous knowledge regarding menopause, 69.30% respondents were housewives.

Highest (54.00%) level of knowledge was found in area of Introduction whereas lowest (26.25%) was in area of Causes and risk factors and Diagnostic procedures. Majority (74.60%) of respondents had moderately adequate level of knowledge, 18.70 % had Inadequate and 6.70 % had adequate level of knowledge.

The findings of the study revealed that there was no statistically significant association between pre-test knowledge scores and age, educational status, duration after menopause, religion, type of family, monthly income of family, previous knowledge regarding menopause, occupation of women. Therefore  $H_2$ - There will be a significant association between mean pre -test knowledge scores and selected socio demographic variables was rejected.

## 4. Interpretation and Conclusion

The present study was conducted to assess knowledge regarding preventive measures of osteoporosis among post-menopausal women in selected tribal community at Mount Abu, Rajasthan.

An evaluative research approach with pre-experimental design was used for the present study. The sample consisted of 75 post-menopausal women in selected tribal community at Mount Abu, Rajasthan who were selected by convenience sampling technique.

The data were collected by using structured interview schedule and were analyzed & interpreted by using descriptive & inferential statistics.

The overall pre-test mean knowledge regarding preventive measures of osteoporosis was 10.85.