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Pre Experimental Study To Assess the Effectiveness of Structured teaching programme on knowledge regarding Household Waste Management among Housewives

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INTRODUCTION

"Waste is an unwanted or unusable material. Waste is any substance which is discarded after primary use, or in worthless defective and of no use. Example include Municipal, solid waste, hazardous waste, radioactive waste and others**"**.

Almost any substance that is discarded is designated as waste, but it may also be considered a potential resource. Virtually everything in the "waste stream" has residual value for someone or some business in the community[1].

The problem of domestic waste is drawing increasing attention of the people as huge garbage is lying uncollected beside the roads, streets, dustbins and on the ground which is causing threat to the environment as well as damaging public health. Improper handling and management of domestic waste from households causes adverse effect on the public at large and this deteriorates the environment[2].

Current global waste generation levels are approximately 1.3 billion tons per year this represents a significant increase in per capita waste generation rate from 1.2kg to 1.42kg per person per day. Global annual waste generation is about 2.1billion tons[3].

India generates 62 million tonnes of waste (mixed waste containing both recyclable and non- recyclable waste). Every year with an average annual growth rate of 4%. In India an individual produces an average of 0.8kg/ waste /person daily 68.8 million tons per year waste generate[4].

In Himachal Pradesh 3 tone of the waste every day generates and 90 tons of wastes generate every month[5].

Waste management is a process of treating of waste and other waste material and offers variety of solutions for recycling items that do not belong to trash. It is about how garbage can be used as a valuable resource. Waste management is something that each and every household and business owner in the world needs[6].

Waste management disposes of the products and substances that you have use in safe and efficient manner. Waste management is something that each and every household and business owner in the world needs[7].

Waste management are the activities and actions required to manage waste from its inception to its final disposal, this includes the collection, transport, treatment and disposal of waste together with monitoring and regulation of the waste management process[8].

Waste can be solid, liquid, or gaseous and each type has different methods of disposal and management. Waste management deals with all type of waste including industrial, biological and household. In some cases, waste can pose a threat to human health[9]. Waste is produced by human activity. For Example: the extraction and processing of raw materials. Waste management is intended to reduce adverse effect of waste on human health. The environment or aesthetics waste management practices are not uniform among countries (developed and developing nations) regions (urban and rural areas) and residential and industrial sectors can all take different approaches[10].

A large portion of waste management practices deal with municipal solid waste (MSW) which is the bulk of the waste that is created by household industrial, commercial activity[11].

Types of Household Waste: Organic Waste- Kitchen waste, vegetables, flowers, leaf's, fruits. Toxic Waste- Old medicines, paints, chemicals, bulb, spray, cans, fertilizer and pesticide containers, batteries, shoes polish. Recyclable: - paper, glass, metals, plastics [12].

Household hazardous waste, sometimes called retail hazardous waste or home generated special materials is post-consumer waste which qualities as hazardous waste when discarded. It includes household chemical and other. Substances for which the owner no longer has use such as consumer products sold for home care, personal care, automotive care, pest control and other purposes. These products exhibit many of the same dangerous characteristics as fully are regulated hazardous waste due to their potential for reactivity, ignitability, toxicity or persistence. Examples- includes drain, lamp ballasts smoke detectors, medical waste some type of cleaning chemicals and consumer electronics (such as television, computers, cell phones).[13]

NEED FOR THE STUDY

The heaps of solid waste make the surrounding dirty. They destroy the natural beauty and damage the landscape. With time it would affect the flora and fauna or these areas as well[14]. Insect and rodents that proliferate in garbage dump can transmit plaque, typhoid, cholera, skin diseases and even malaria and filaria with the breeding of mosquitoes in rain water stagnation in garbage dumps and waste water stagnations in choked up drains. Garbage dumps contribute to the seepage of toxic metal and other chemicals to ground water and surface

water.[15]Such contamination has been linked up with increases in cancer incidences. Garbage adds up to air pollution that gains easy entry in to lungs and blood stream. Damage also includes fire hazards, foul smells, unsightliness, and additional costs of water ways, silting up of reservoirs, and decrease in plants productivity, corrosion of structures and structural foundations and depreciation of land value[16].

The improper waste management affect health of community. Considering its importance of Government of India in a manual Municipal solid waste management and handling rules 2000 emphasised the need to create warn at grassroots level to improve the waste management[17]. Health personnel are best suited to teach about the household waste management and its effect on health and environment[18]. The investigator has also observed the careless disposal of household waste into the surrounding[19].

Majority of household store their waste in open container and plastic bag thereby attracting flies resulting in increased incidences of childhood diarrhoea[20]. Poor handling and disposal of waste are major cause of environment pollution and spread of infectious diseases, so as a nurse it is our responsibility to spread knowledge regarding household waste management that will improve environment and health status[21].

RESEARCH METHODOLOGY

Research methodology is the systematic, theoretical analysis of the methods applied to field of the study. It comprises the theoretical analysis of the body of method and principles associated with branch of knowledge.

Research methodology is the process used to collect information and data for the purpose of making decisions.

Methodology of the research refers to investigation of obtaining, organizing and analysing data. It may include publication research, interviews, surveys and research techniques and include both present and historical information.

This chapter deals with the description of research methodology and varies steps for gathering and organizing data for the researchers to assess the effectiveness of structured teaching programme on knowledge regarding house hold waste management among housewives.

Research Approach: Quantitative research approach.

Research design: The research design adopted for the study was pre-experimental one group pre and post-test design

Research setting: Setting refers to the area where the study is to be conducted. The study was conducted at village Balduhak District Hamirpur (H.P)

Accessible Population: Housewives.

Target population: In this study target population was all housewives of village Balduhak District Hamirpur (H.P)

Sample: All housewives of village Balduhak District Hamirpur (H.P)

Sampling technique: Non probability convenience sampling technique.

Sample size: 60

Sample selection criteria

Inclusion criteria

1. Housewives who were available at the time of data collection.
2. Those who were willing to participate in research study.
3. Housewives who were able to read Hindi and English.

Exclusion criteria

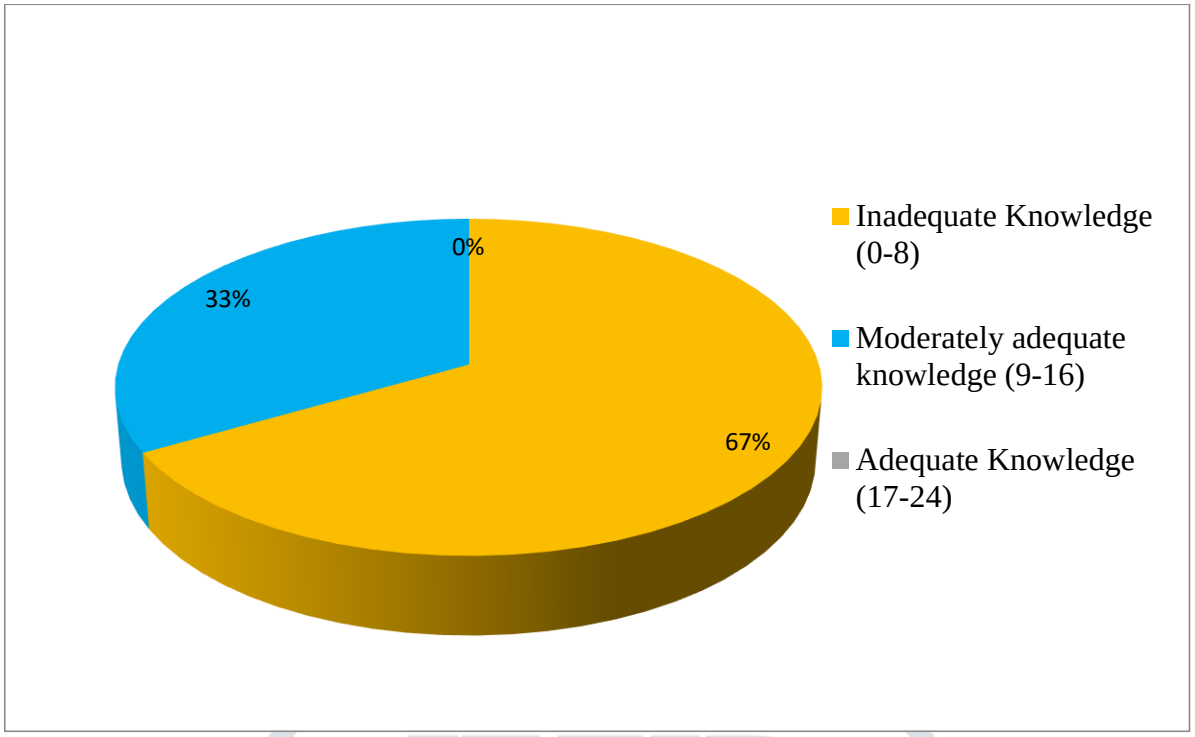
1. Women who were unable to read Hindi and English.
2. Women who were not willing to participate in study

FINDINGS OF STUDY

Distribution of subject based on pre-test knowledge score regarding household waste management

Sr. no	Level of knowledge	Frequency (f)	Percentage (%)
1	Inadequate knowledge(0-8)	40	66.7%
2	Moderately adequate knowledge(8-16)	20	33.3%
3	Adequate knowledge(16-24)	0	0%

Depicted that majority of subjects 66.7% had inadequate knowledge and 33.3% had moderately adequate knowledge and no subjects had adequate knowledge regarding household waste management

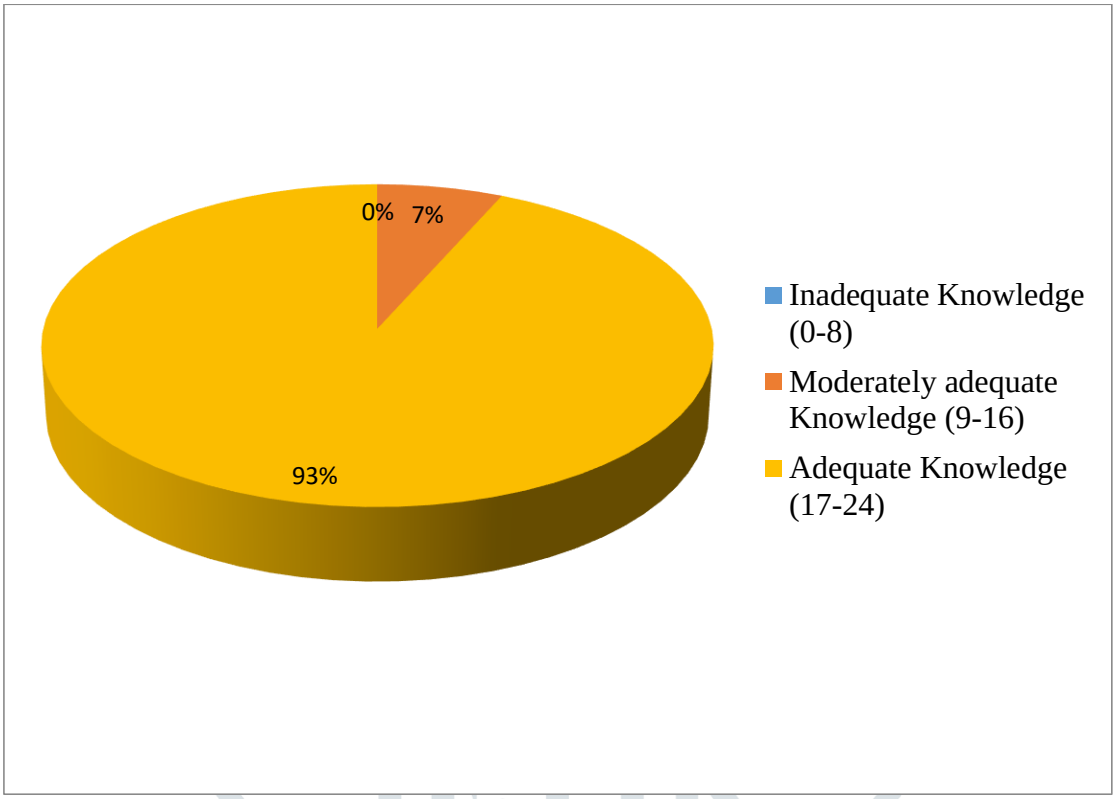


Distribution of subject based on post-test knowledge score regarding household waste management.

N=60

Sr.No	**Level of knowledge**	**Frequency (f)**	**Percentage (%)**
1	Inadequate knowledge(0-13)	0	0%
2	Moderately adequate knowledge(9-16)	4	6.7%
3	Adequate knowledge(17-24)	56	93.3%

Depicted that majority of subjects 93.3% had adequate knowledge, 6.7% had moderately adequate knowledge and 0% had inadequate knowledge regarding household waste management**.**



Comparisons of pre and post-test knowledge score regarding household waste management among housewives.

N=60

		Mean	N	Std. Deviation	Std. Error Mean	Correlation	Sig.
Pair 1	Post Test	19.93	60	2.201	.284	-.084	.522
	Pre Test	7.58	60	2.069	.267		

	Paired Differences					T	Df	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean	95 Confidence Interval of the Difference				
				Lower	Upper			
Post Test - Pre Test	12.350	3.145	.406	11.538	13.162	30.415	59	.000

CONCLUSION

The major finding of the study shows the demographic information of females those who were participated in study. Percentage wise distribution of housewives according to age revealed that majority of study subject 36.7% were under the age group of 32-37 years. In Religion, majority of study subjects i.e. 88.3 % belongs to Hindu religion. In marital status Majority of study subjects i.e. 76.7%were married. Majority of study subjects, i.e.51.7% belongs to joint family. Majority of study subjects, i.e.41.7% belongs to size of family. According to family monthly income 40.0 % had income in between Rs. 5001-15000.The majority of educational status 48.3% of the study subjects were belong to primary group. Majority of study subjects, i.e.81.7% belongs to pucca house. Sources of information for majority of study subjects i.e. 38.33% were family. Majority of study subjects, 53.3%belongs to buried transportation of waste.

In the pre-test, Majority of subjects 66.7% had inadequate knowledge and 33.3% had moderately adequate knowledge and no subjects had adequate knowledge regarding household waste management.

In post-test Majority of subjects 93.3% had adequate knowledge 6.7% had moderately adequate knowledge and 0% had inadequate knowledge regarding household waste management**.**

It revealed that pre-test mean value was 7.58 and standard deviation is 2.069 and Post-test mean value and standard deviation was 19.93 and 2.069 with calculated t value -30.415. The result showed that there is a statistically significant increased ($p<0.05$) in the level of knowledge after structured teaching programme. Hence research hypothesis is accepted.

The conclusion of the study suggest that before the structured teaching programme the housewives were have 66.7% inadequate knowledge but after the teaching programme the knowledge level was increased which helps to improve the quality of life of community people and reduces the chances of various health hazards.

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