



“A STUDY TO ASSESS THE EFFECTIVENESS OF AN EDUCATIONAL PACKAGE ON KNOWLEDGE AND PRACTICE REGARDING SELECTED ISOMETRIC EXERCISES AMONG THE ELDERLY POPULATION AT SELECTED AREAS OF MORDABAD, UTTAR PRADESH.”

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ABSTRACT

In the phrase "isometric means that during those sporting activities Even though the contraction power can be adjusted, the muscle's period and the joint's attitude do not alter. An isometric workout involves the static contraction of a muscle with no visible motion inside the joint's attitude. **Objective:** To assess the effectiveness of an educational package on knowledge and practice regarding selected isometric exercises among the elderly population. Pre-Test and post-test of control group design was adopted. This study was conducted among 100 elderly population of Bhesod village at Moradabad, U.P. Convenient sampling technique was used to select the samples. In this study the knowledge of experimental group in pre-test knowledge the score of good knowledge frequency is 0 and percentage 0%, average knowledge **34(78%)** and poor knowledge 16(32%). In post-test good knowledge 18(36%), Average knowledge **32(64%)** and poor average 0(0%). The knowledge of control group in pre-test knowledge the score of good knowledge 0(0%), average knowledge **47(94%)** and poor knowledge 3(6%). In post-test good

knowledge 0(0%), Average knowledge **47(94%)** and poor average 3(6%). The practice of experimental group in pre-test practices the score of good practice 0(0%), average practice 5(10%) and poor practice **45(90%)**. In post-test good practice 8(16%), Average practice **42(84%)** and poor practice 0(0%). The practice of control group in pre-test practice the score of good practice 0(0%), average practice 3(6%) and poor practice **47(94%)**. In post-test good practice 0(0%), Average practice 1(2%) and poor practice **49(98%)**.

INTRODUCTION

An isometric workout involves the static contraction of a muscle with no visible motion inside the joint's attitude. Isotonic contractions, on the other hand, maintain the same contraction power regardless of muscle length or joint attitude. Isometric pushes, pulls, and holds are the three main types of isometric workouts. The visual position of the joints is maintained during an isometric movement. While this definition applies to all isometric sporting activities, other sub-definitions can be used to emphasise how effort is required at different points. Maintaining a perfect frame position, often known as maintaining an isometric hold, is the goal of a yielding isometric workout. Pushing or pulling against any part of the body that pushes or pulls it back with equal effort, or moving an immovable object, is the purpose of an overcoming isometric workout. Based on this concept, an overcoming

isometric might also be called an isometric press or pull. Three The blessings of Isometric sporting activities are Lowers Blood Pressure (Isometrics were confirmed to lessen systolic blood stress higher than cardio and resistance education in a few studies), Aids in Weight Loss (Isometric workout blessings consist of lowering each frame fats and weight. In a check group, a few topics misplaced as a lot as 22 kilos over a 4-weekperiod),Saves You Time(Using isometric workout for six mins will be the equalmuscle paintings of 30 to 35 mins on a industrial weight lifting equipment),Reduce Overall Pain(Older adults enjoy large discount in ache next to numerous specific intensities and periods of isometric contractions),Reduce Back Pain(Isometrics reduces ache and will increase energy amongst ladies with low again ache, with outcomes lasting as a minimum nine months)Improve Range of Motion(Regular isometric sporting activities were proven to seriously enhance variety of motion),Get Stronger and Bigger Muscles(Isometric workout is related to an growth in muscle bulk, top and decrease frame energy, growth in bone density, and a lower in bone fractures),Benefits Over Aerobic Exercise(Stretching and cardio workout by myself have confirmed to be a much less powerful shape of education than isometric energy education),Improve Stamina(Isometric energy education could have useful outcomes on overall performance for the duration of patience events).There are numerous kinds of isometrics sporting activities for antique age people.

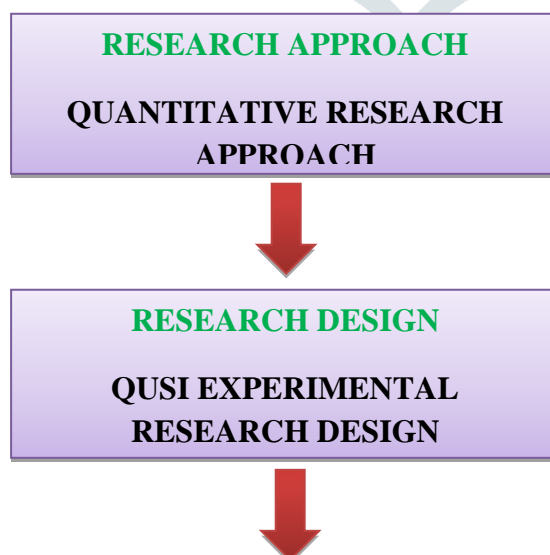
PROBLEM STATEMENT

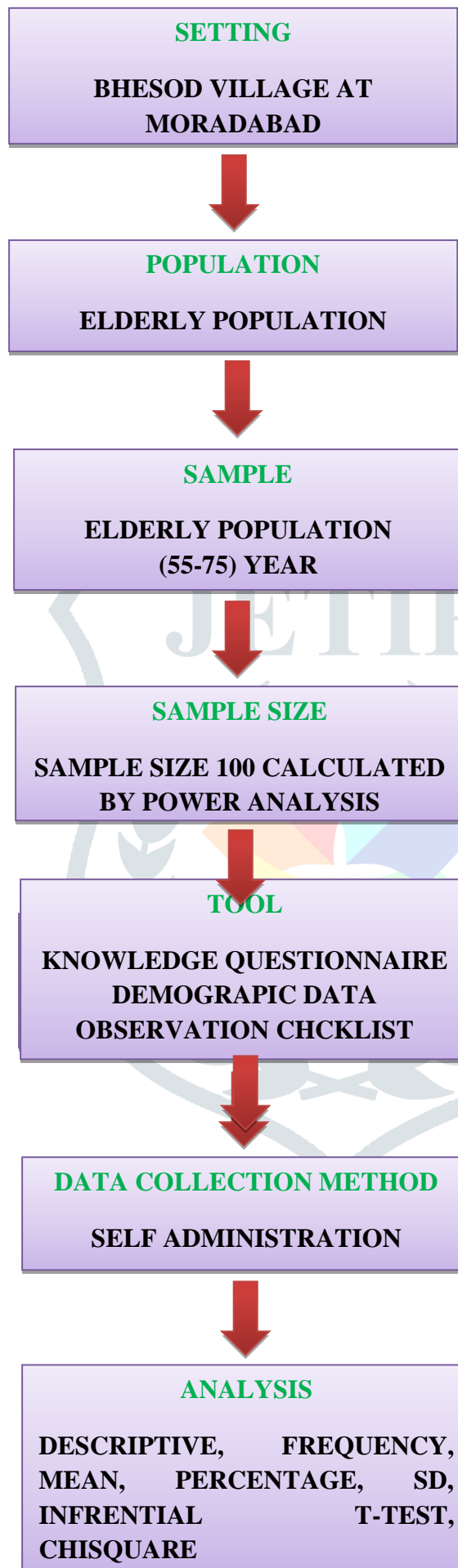
“A study to assess the effectiveness of an educational package on knowledge and practice regarding selected isometric exercises among the elderly population at selected areas of Moradabad, Uttar Pradesh”.

OBJECTIVES

- To, assess, the, level of knowledge regarding selected isometric exercisesamong, the elderly population at selected areas of Moradabad, UP.
- To assess the level of practice regarding selected isometric exercises amongthe elderly population at selected areas of Moradabad, UP.
- To evaluate the effectiveness of educational package on knowledge andpractice regarding selected isometric exercises among the elderly population atselected areas of Moradabad, UP.
- To find out the association between the pretest on knowledge score regardingselected isometric exercises among elderly population with their selected sociodemographic variables at selected areas of Moradabad, UP.
- To find out the association between the pretest on practice score regardingselected isometric exercises among the elderly population with their selected socio demographic variables at selected areas of Moradabad, UP.

Schematic Representation of Research Methodology





DESCRIPTION OF TOOL

The tool consists of the following sections:-

Section A: Demographic Variable such as Age, gender, education, religion, monthly income in rupees, marital status, family type, dietary pattern, occupation, and area of residence.

Section B: Structured Knowledge Questionnaire regarding isometric exercises.

Section C: Observational checklist to assess the practice of isometric exercises among elderly population.

DATA COLLECTION PROCEDURE

The final study was conducted from 17th Jan to 31 Jan 2022 from 7 a.m. to 6 p.m. Data was collected from 50 people in Kadalpur village of Moradabad, to establish the study's feasibility, identify any weaknesses in the design, and design a strategy for main analysis of data was collected and analysed using descriptive and inferential statistics. A formal written consent was received from the Gram

Pradhan of Bhesod village at Moradabad. The researcher introduce herself and explained the purpose of study. A written Informed consent was taken from sample in the study. Pretesting was done to assess the level of knowledge and practices among elderly population by using knowledge questionnaire and observational checklist.

ETHICAL CONSIDERATION

- The researcher has obtained permission before undertaking the research investigation. Authorities in specified Moradabad localities.
- Informed written consent would be taken from the elderly population who agreed to participate in the research.
- Individual privacy and confidentiality would be protected throughout the study.
- Ethical principles would be followed throughout the study to the best of my knowledge and practices.

RESULTS

The data is analysed in accordance with the study's objectives:

- **Section A:** Distribution frequency and percentage of demographic variable among elderly population.
- **Section B:** To assess the level of knowledge and practice regarding selected isometric exercises among the elderly population at selected areas of Moradabad, UP
- **Section C:** To evaluate the effectiveness of an educational package on knowledge and practice regarding selected isometric exercises among the elderly population at selected areas of Moradabad, UP
- **Section D:** To find out the association between the pretest on knowledge score and practice score regarding selected isometric exercises among elderly population at selected areas of Moradabad, UP

SECTION A: Frequency and percentage distribution of demographic characteristics of the study subjects.

TABLE 1: Frequency and percentage distribution of sample according to demographic variables.

N=100

Sr.	Sociodemograp	Category	Experimental n=50	Control n=50

No.	Variables		f	%	f	%
1	Age in years	55-59years	41	82	29	58
		60- 64years	5	10	12	24
		65-69years	2	4	5	10
		70-75years	2	4	4	8
2	Gender	Male	34	68	41	82
		Female	16	32	9	18
		Other	0	0	0	0
3	Education	No formaleducation	3	6	9	18
		Primary	11	22	6	12
		Secondary	4	8	5	10
		Graduate andabove	32	64	30	60
4	Religion	Hindu	19	38	29	58
		Muslim	31	62	21	42
		Christian	0	0	0	0
		Others	0	0	0	0
5	Monthly incomein Rs	Rs-<_10000	10	20	7	14
		Rs-10001–20000	6	12	16	32
		Rs-20001 – 30000	18	36	0	0
		Rs-30000and				
		Above	16	32	27	54
6	MaritalStatus	Single	0	0	0	0
		Married	36	72	46	92
		Divorced	2	4	2	4

		Widower	12	24	2	4
7	Type of Family	Nuclear	4	8	4	8
		Joint	46	92	46	92
		Extended	0	0	0	0
		Other	0	0	0	0
8	Dietary pattern	Vegetarian	8	16	19	38
		Non-Vegetarian	42	84	31	62
9	Occupation	Unemployed	4	8	2	4
		Professional	0	0	7	14
		Business	42	84	37	74
		Any other specify	4	8	4	8
10	Area of residence	Rural	50	100	50	100
		Urban	0	0	0	0

Table 1: revealed that the majority of percentage and frequency distribution of sample characteristics are, In experimental group, 41 (82%) elderly population were aged between 55-59 years, 34 (68%) were males, 32 (64%) of them had completed graduate and above education, 31 (62%) were Muslims, 18 (36%) were Rs 20001-30000 of monthly income in Rs, 36 (72%) were married, 46 (92%) were from joint family, 42 (84%) were non-vegetarian, 42 (84%) of them had business, 50 (100%) were from rural area.

In control group, 29 (58%) elderly population were aged between 55-59 years, 41 (82%) were males, 30 (60%) of them had completed graduate and above education, 29 (58%) were Hindu, 27 (54%) were earning Rs 30,000 and above of monthly income, 46 (92%) were married, 46 (92%) were from joint family, 31 (62%) were non-vegetarian, 37 (74%) of them had business, 50 (100%) were from rural area.

Section B: Assess the level of knowledge and practice regarding selected isometric exercises among the elderly population

TABLE 2.1: Showing the Assessment of knowledge among experimental group

N=50

Sr. No	Criterion	Scoring range	pre-test Knowledge		Post-test Knowledge	
			Frequency	Percentage	Frequency	Percentage
1	Good Knowledge	17 to 25	0	0	18	36
2	Average Knowledge	9 to 16	34	78	32	64
3	Poor Knowledge	0 to 8	16	22	0	0

Table 2.1 revealed that the knowledge of experimental group in pretest knowledge the score of good knowledge frequency is 0 and percentage 0%, average knowledge 34 (78%) and poor knowledge 16 (22%). In posttest good knowledge 18 (36%), Average knowledge 32 (64%) and poor average 0 (0%).

Table 2.2 Assessment of knowledge among control group

N=50

Sr. No	Criterion	Scoring range	pre-test Knowledge		Post-test Knowledge	
			Frequency	Percentage	Frequency	Percentage
1	Good Knowledge	17 to 25	0	0	0	0
2	Average Knowledge	9 to 16	47	94	47	94
3	Poor Knowledge	0 to 8	3	6	3	6

Table 2.2 revealed that the knowledge of control group in pretest knowledge the score of good

knowledge 0(0%), average knowledge **47(94%)** and poor knowledge 3(6%).In posttest good knowledge 0(0%), Average knowledge **47(94%)** and poor average3(6%).

Table2.3Assessmentofpracticeamongexperimental group

N=50

Sr. No	Criterion	Range ofscore	pre-testPractice		Post-testpractice	
			Frequency	percentage	Frequency	Percentage
1	Good Practice	13to 17	0	0	8	16
2	Average Practice	7to12	05	10	42	84
3	Poor Practice	0to 6	45	90	0	0

Table 2.3 revealed that the practice of experimental group in pretest practice the scoreof good practice 0(0%), average practice 5(10%) and poor practice **45(90%)**.In posttestgoodpractice8(16%),Averagepractice**42(84%)** andpoorpractice0(0%).

Table 2.4Assessmentofpracticeamongcontrol group.

N=50

Sr. No	Criterion	Range ofscore	pretestPractice		Posttestpractice	
			Frequency	percentage	Frequency	percentage

1	Good Practice	13to 17	0	0	0	0
2	Average Practice	7to12	3	6	1	2
3	Poor Practice	0to 6	47	94	49	98

Table 2.4 revealed that the practice of control group in pretest practice the score of good practice 0(0%), average practice 3(6%) and poor practice 47(94%). In posttest good practice 0(0%), Average practice 1(2%) and poor practice 49(98%).

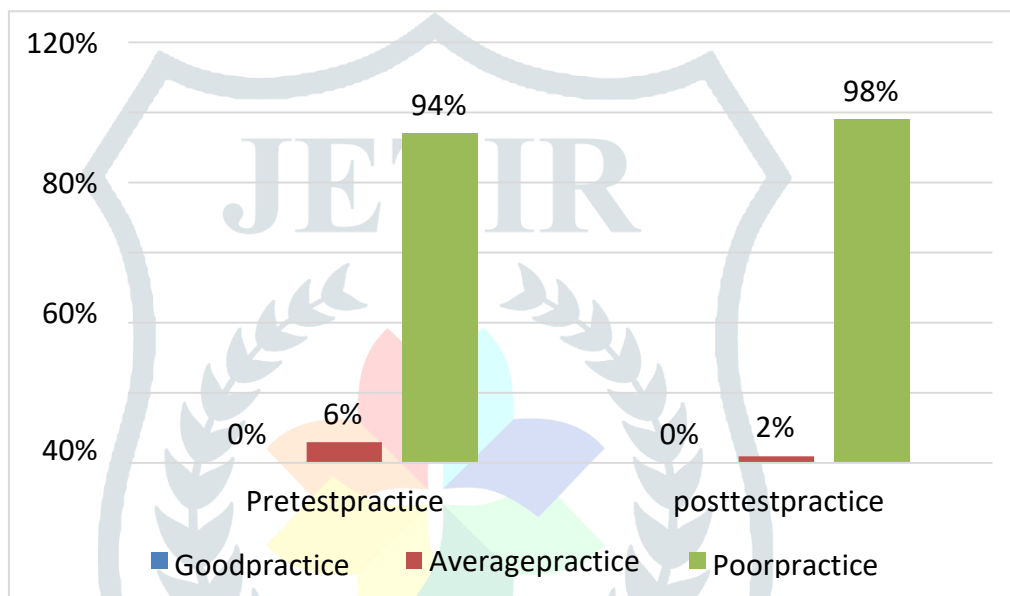


Figure: Figures showing assessment of practice among control group

Section C: Effectiveness of an educational package on knowledge and practice regarding selecte disometric exercises among the elderly population.

Table 3.1 Comparison of knowledge scores between the experimental group's pre- and post-tests

Sr.No	Test	Mean	Standard deviation	Mean%	paired t test
1	Pre	9.74	3.52	38.96	14.057*
2	Post	15.82	2.104	63.28	

*Significant, ^{NS}Non significant at the level of 0.05

Table 3.1 revealed that effectiveness of an educational package on knowledge in experimental group pretest score the mean is 9.74, standard deviation is 3.52 and mean percentage is 38.96%. In post score the mean is 15.82, standard deviation is 2.104 and mean percentage is 63.28% and the paired t test value is **14.057*** and **p=0.0001** at the level of **0.05** that is significant. Hence Research hypothesis (H1) was accepted.

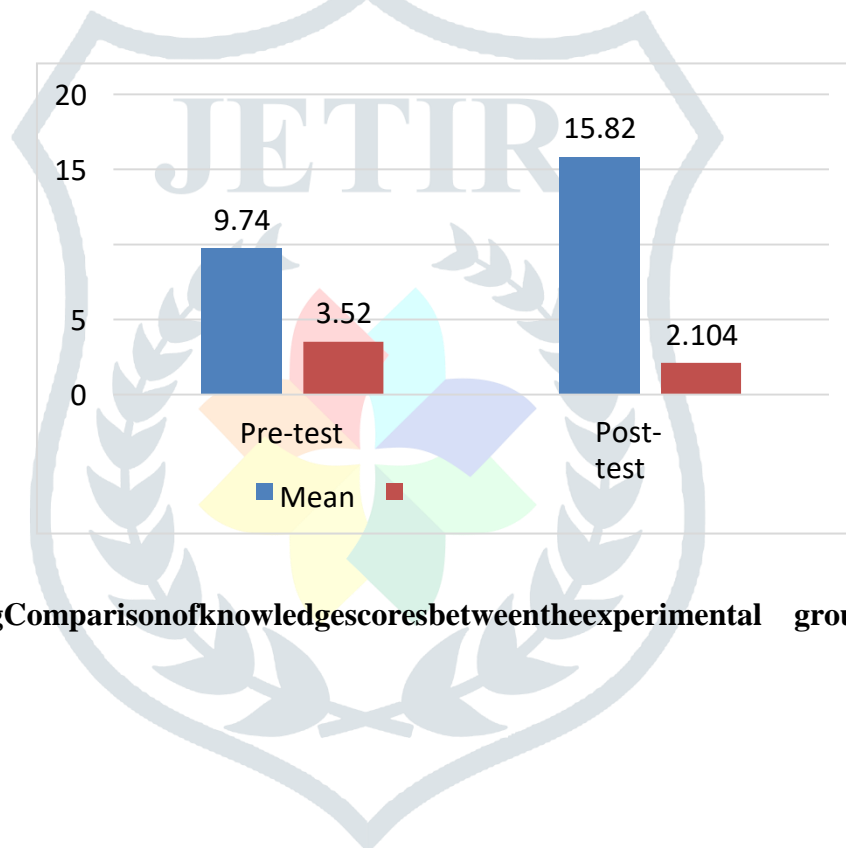


Figure: showing Comparison of knowledge scores between the experimental group's pre and post-tests

Table 3.2: Comparison of knowledge scores between the control group's pre- and post-tests**N=50**

Sr.No	Test	Mean	Standard deviation	Mean%	paired t test
1	Pre	10.68	2.111	42.72	1.534 ^{NS}
2	Post	10.8	2.144	43.2	

*Significant, ^{NS}Non significant

at the level of 0.05

Table 3.2 revealed that the effectiveness of an educational package on knowledge in control group pretest score the mean is 10.68, standard deviation is 2.111 and mean % is 42.72%. In posttest score mean is 10.8, standard deviation is 2.144 and mean percentage is 43.2% and the paired t test value is 1.534^{NS} and $P=0.131$ at the level of 0.05 that is not significant.

Table 3.4: Comparison between Pre- and post-test practice scores in the experimental group**N=50**

S.No	Test	Mean	Standard deviation	Mean%	paired t test
1	Pre	4.44	1.43	26.12	26.043*
2	Post	11.26	1.18	66.24	

*Significant, ^{NS}Non significant

at the level of 0.05

Table 3.4 revealed that the effectiveness of an educational package on practice in the posttest of the exp group. In this pretest group, the mean is 4.44, the standard deviation is 1.43, and the mean % is 26.12 percent; in the post-test group, the mean % is 66.24 percent, the score of mean is 11.26, standard deviation is 1.18 and mean percentage is 66.24% and the paired t test value is 26.043* and $P=0.001$ at the significant level of <0.05 that is significant. Hence Research hypothesis (H₂) was accepted.

Table3.5: Comparison between pre-and post-test practice scores in the control group

N=50

Sr.No	Test	Mean	Standard deviation	Mean%	paired t test
1	Pre	4.78	1.237	28.12	0.98 ^{NS}
2	Post	4.94	1.066	29.06	

*Significant, ^{NS}Non significant

at the level of 0.05

Table 3.5 revealed that effectiveness of an educational package on practice in posttest of control group the pretest score of mean is 4.78, SD is 1.237 and mean % is 28.12% and in posttest score of mean was 4.94, standard deviation is 1.066 and mean % is 29.06% and the unpaired t test value is 0.98^{NS} and **P=0.164** At the significant level of <0.05 that is not significant.



Table3.6:Comparisonbetweenpost-testpracticescoresbetweenexperimentalandcontrolgroup

N=100

Sr.No	Test	Mean	Standard deviation	Mean%	unpaired ttest
1	Exp	11.26	1.18	66.24	28.102*
2	Control	4.94	1.066	29.06	

*Significant, ^{NS}Non significant at the level of 0.05

Table 3.6 revealed that effectiveness of an educational package on practice in posttest of control and experimental group, the exp group score of mean is 11.26, standard deviation is 1.18 and mean percentage is 66.24% and in control group the score of mean was 4.94, SD is 1.066 and mean % is 29.06% and the unpaired t test value is 28.102* and P=0.0001 At the significant level of $\alpha < 0.05$ that is significant. Hence Research hypothesis (H4) was accepted.

SectionD:Associationbetweenthepretestonknowledgescoreandpracticescore regarding selected isometric exercises among elderly population.

Table - 4.1: Association between level of knowledge with selected sociodemographic variable of experimental group
N=50

Sr. No.	Sociodemographic Variables	Category	Knowledge level				Total	Chaisquare value	Df	P Value T value	Inference
			Poor		Average						
			f	%	f	%					
1	Age in years	55-59 years	13	31.71	28	68.29	41	5.523 NS	3	P value=0.137 T value=3.18	Not significant
		60-64 years	1	0.00	4	80.00					
		65-69 years	2	0.00	0	0.00					

		70-75years	0	0.00	2	100.00	2				
2	Gender	Male	12	35.29	22	64.71	34	0.529 NS	1	P value=0.467 T value=12.17	Notsignificant
		Female	4	25.00	12	75.00	16				
		Other	0	0.00	0	0.00	0				
3	Education	No formaleducation	2	66.67	1	33.33	3	1.868 NS	3	P value =0.0086 T value=3.18	significant
		Primary	3	27.27	8	72.73	11				
		Secondary	1	25.00	3	75.00	4				
		Graduateandabove	10	31.25	22	68.75	32				
4	Religion	Hindu	7	36.84	12	63.16	19	0.33 ^{NS}	1	P value =0.285 T value=12.71	Notsignificant
		Muslim	9	29.03	22	70.97	31				
		Christian	0	0.00	0	0.00	0				
		Others	0	0.00	0	0.00	0				
5	Monthly incomeinRs	Rs-<_10000	7	70.00	3	30.00	10	8.722*	3	P value =0.072 T value=3.18	Pvalue =0.0722 T value=3.18
		Rs - 10001 – 20000	2	33.33	4	66.67	6				
		Rs-20001 – 30000	4	0.00	14	0.00	18				
		Rs-30000 andAbove	3	18.75	13	81.25	16				
		Single	0	0.00	0	0.00	0			P value =0.856	Notsignificant
		Married	11	30.56	25	69.44	36				

6	MaritalStatus	Divorced	1	50.00	1	50.00	2	0.342 NS	2	T value=4.30	
		Widower	4	33.33	8	66.67	12				
7	TypeofFamily	Nuclear	2	50.00	2	50.00	4	0.647 NS	1	P value =0.487 T value=12.71	Notsignificant
		Joint	14	30.43	32	69.57	46				
		Extended	0	0.00	0	0.00	0				
		Other	0	0.00	0	0.00	0				
8	Dietarypattern	Vegetarian	3	37.50	5	62.50	8	0.132 NS	1	P value =0.797 T value=12.71	Notsignificant
		Non-Vegetarian	13	30.95	29	69.05	42				
9	Occupation	Unemployed	4	100.00	0	0.00	4	3.008 NS	2	P value =0.483 T value=4.30	Notsignificant
		Professional	0	0.00	0	0.00	0				
		Business	12	28.57	30	71.43	42				
		Any otherspecify	0	0.00	4	100.00	4				
10	Area ofresidence	Rural	16	32.00	34	68.00	50	Constant			
		Urban	0	0.00	0	0.00	0				

*Significant, ^{NS}Non significant at the level of 0.05

Table 4.1 found that there was a significant knowledge association in experimental group with **monthly income in rupees** ($p < 0.05$) but no association between age in yrs, gender, education, religion, marital status, type of family, dietary pattern, occupation, area of residence. Hence hypothesis (H5) is accepted.

Table 4.2 Association between level of practice with selected sociodemographic variable of exp group

N=50

Sr. No.	Sociodemographic Variables	Category	Practice level				Total	Chi square value	Df	P value	Inference
			Poor		Average						
			f	%	f	%					
1	Age in years	55-59 years	37	90.24	4	9.76	41	1.002 ^{NS}	3	P value =0.8007 T value=3.18	Not significant
		60-64 years	4	0.00	1	20.00	5				
		65-69 years	2	0.00	0	0.00	2				
		70-75 years	2	0.00	0	0.00	2				
2	Gender	Male	32	94.12	2	5.88	34	2.001 ^{NS}	1	P value =0.157 T value=12.71	Not significant
		Female	13	81.25	3	18.75	16				
		Other	0	0.00	0	0.00	0				
3	Education	No formal education	1	33.33	2	66.67	3	11.658*	3	P value =0.0086 T value=3.18	Significant
		Primary	10	90.91	1	9.09	11				
		Secondary	4	100.00	0	0.00	4				
		Graduate and above	30	93.75	2	6.25	32				
4	Religion	Hindu	16	84.21	3	15.79	19	1.141 ^{NS}	1	P value =0.285	Not significant

		Muslim	29	93.5 5	2	6.4 5	31		T value=12. 71	
		Christian	0	0.00	0	0.0 0	0			
		Others	0	0.00	0	0.0 0	0			
5	Monthly income in Rs	Rs- <_10000	7	70.0 0	3	30. 00	10	6.99 ^{NS}	P value =0.0722	Not significant
		Rs - 10001 – 20000	5	83.3 3	1	16. 67	6		T value=3. 18	
		Rs - 20001 – 30000	18	0.00	0	0.0 0	18			
		Rs-30000 andAbove	15	93.7 5	1	6.2 5	16			
6	Marital Status	Single	0	0.00	0	0.0 0	0	3.09 ^{NS}	P value =0.856	Not significant
		Married	32	88.8 9	4	11. 11	36		T value=4. 30	
		Divorced	2	100. 00	0	0.0 0	2			
		Widower	11	91.6 7	1	8.3 3	12			
7	Type of Family	Nuclear	4	100. 00	0	0.0 0	4	0.483 ^{NS}	P value =0.487	Not significant
		Joint	41	89.1 3	5	10. 87	46		T value=12. 71	
		Extended	0	0.00	0	0.0 0	0			
		Other	0	0.00	0	0.0 0	0			
8	Dietary pattern	Vegetarian	7	87.5 0	1	12. 50	8	0.066 ^{NS}	P value =0.797	Not significant

		Non-Vegetarian	38	90.48	4	9.52	42		T value=12.71		
9	Occupation	Unemployed	3	75.00	1	25.00	4	1.455 ^{NS}	2	P value =0.483 T value=4.30	Notsignificant
		Professional	0	0.00	0	0.00	0				
		Business	38	90.48	4	9.52	42				
		Any otherspecify	4	100.00	0	0.00	4				
10	Area ofresidence	Rural	45	90.00	5	10.00	50	Constant			
		Urban	0	0.00	0	0.00	0				

*Significant, ^{NS}Non significant

atthe levelof 0.05

Table 4.2 revealed that there wasan significant association of practice in exp groupwith **education** ($p < 0.05$)but no association between age in years, gender, religion,maritalstatus,type of family,dietarypattern,occupation,areaofresidenceandmonthly income in rupees . Hence hypothesis (H6) is accepted. Null hypothesis isbeingrejected.

Table 4.3 Association between level of knowledge with selected sociodemographic variable of control

group

N=50

Sr. No.	Socio demographic Variables	Category	Knowledge level				Total	Chaisquare value	Df	P value	T value	Inference
			Poor		Average							
			f	%	f	%						
1	Age in years	55-59 years	3	10.34	26	89.66	29	2.311 ^{NS}	3	P value=0.510 T value=3.18	Notsignificant	
		60-64 years	0	0.00	12	100.00						
		65-69 years	0	0.00	5	100.00						
		70-75 years	0	0.00	4	100.00						
2	Gender	Male	1	2.44	40	97.56	41	5.121*	1	P value=0.022 T value=12.71	significant	
		Female	2	22.22	7	77.78						
		Other	0	0.00	0	0.00						
3	Education	No formal education	0	0.00	9	100.00	9	2.127 ^{NS}	3	P value=0.547 T value=3.18	Notsignificant	
		Primary	0	0.00	6	100.00						
		Secondary	0	0.00	5	100.00						
		Graduate and above	3	10.00	27	90.00						
4	Religion	Hindu	0	0.00	29	100.00	29	4.407*	1	P value=0.035 T value=12.71	significant	
		Muslim	3	14.29	18	85.71						
		Christian	0	0.00	0	0.00						
		Others	0	0.00	0	0.00						
5	Monthly income in Rs	Rs- <_10000	0	0.00	7	100.00	7	0.543 ^{NS}	2	P value=0.762 T value=4.30	Notsignificant	
		Rs-10001-20000	1	6.25	15	93.75						
		Rs-20001-30000	0	0.00	0	0.00						
		Rs-30000 and Above	2	7.41	25	92.59						
6	Marital Status	Single	0	0.00	0	0.00	0	0.278 ^{NS}	2	P value=0.870 T value=4.30	Notsignificant	
		Married	3	6.52	43	93.48						
		Divorced	0	0.00	2	100.00						
		Widower	0	0.00	2	100.00						
		Nuclear	0	0.00	4	100.00	4			P	Notsignificant	

7	Type of Family	Joint	3	6.52	43	93.48	46	0.277 ^{NS}	1	P value=0.598 T value=12.71	Not significant
		Extended	0	0.00	0	0.00	0				
		Other	0	0.00	0	0.00	0				
8	Dietary pattern	Vegetarian	0	0.00	19	100.00	19	1.956 ^{NS}	1	P value=0.161 T value=12.71	Not significant
		Non-Vegetarian	3	9.68	28	90.32	31				
9	Occupation	Unemployed	0	0.00	2	100.00	2	3.157 ^{NS}	3	P value=0.368 T value=3.18	Not significant
		Professional	0	0.00	7	100.00	7				
		Business	2	5.41	35	94.59	37				
		Any other specify	1	25.00	3	75.00	4				
10	Area of residence	Rural	3	6.00	47	94.00	50	Constant			
		Urban	0	0.00	0	0.00	0				

*Significant, ^{NS}Non significant at the level of 0.05

Table 4.3 found that, significant correlation between levels of knowledge is there in control group with religion and gender (p<0.05) but no association between age in years, education, monthly income in Rs, marital status, type of family, dietary pattern, occupation, area of residence.

Table 4.4 Association between level of practice with selected sociodemographic variable of control group.

N=50

Sr.No	Sociodemographic Variables	Category	Practice level				Total	Chi square value	df	P value T value	Inference
			Poor		Average						
			f	%	f	%					
1	Age in years	55-59 years	2	96.55	1	3.45	29	5.398 ^{NS}	3	P value=0.144 T value=3.18	Not significant
		60-64 years	1	0.00	0	0.00	12				
		65-69 years	4	0.00	1	20.00	5				
		70-75 years	3	0.00	1	25.00	4				

2	Gender	Male	38	92.68	3	7.32	41	0.7005 ^{NS}	1	P value=0.402 T value=12.71	Notsignificant
		Female	9	100.00	0	0.00	9				
		Other	0	0.00	0	0.00	0				
3	Education	Noformal education	8	88.89	1	11.11	9	2.324 ^{NS}	3	P value=0.507 T value=3.18	Notsignificant
		Primary	5	83.33	1	16.67	6				
		Secondary	5	100.00	0	0.00	5				
		Graduate and above	29	96.67	1	3.33	30				
4	Religion	Hindu	27	93.10	2	6.90	29	0.098 ^{NS}	1	P value=0.754 T value=12.71	Notsignificant
		Muslim	20	95.24	1	4.76	21				
		Christian	0	0.00	0	0.00	0				
		Others	0	0.00	0	0.00	0				
5	Monthly income in Rs	Rs-<_10000	6	85.71	1	14.29	7	1.106 ^{NS}	2	P value=0.575 T value=4.30	Notsignificant
		Rs-10001 – 20000	15	93.75	1	6.25	16				
		Rs-20001 – 30000	0	0.00	0	0.00	0				
		Rs-30000 and Above	26	96.30	1	3.70	27				
6	Marital Status	Single	0	0.00	0	0.00	0	0.278 ^{NS}	2	P value=0.870 T value=4.30	Notsignificant
		Married	43	93.48	3	6.52	46				

		Divorced	2	100.00	0	0.00	2				
		Widower	2	100.00	0	0.00	2				
7	Type of Family	Nuclear	4	100.00	0	0.00	4	0.277 ^{NS}	1	P value=0.598 T value=12.71	Notsignificant
		Joint	43	93.48	3	6.52	46				
		Extended	0	0.00	0	0.00	0				
		Other	0	0.00	0	0.00	0				
8	Dietary pattern	Vegetarian	18	94.74	1	5.26	19	0.029 ^{NS}	1	P value=0.864 T value=12.71	Notsignificant
		Non-Vegetarian	29	93.55	2	6.45	31				
9	Occupation	Unemployed	2	100.00	0	0.00	2	1.121 ^{NS}	3	P value=0.772 T value=3.18	Notsignificant
		Professional	7	100.00	0	0.00	7				
		Business	34	91.89	3	8.11	37				
		Anyother specify	4	100.00	0	0.00	4				
10	Area of residence	Rural	47	94.00	3	6.00	50	Constant			
		Urban	0	0.00	0	0.00	0				

*Significant, ^{NS}Non significant

at the level of 0.05

Table 4.4 found that there was no evidence of a link between level of practice and certain sociodemographic factors in the control group.

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