Tuijin Jishu/Journal of Propulsion Technology
ISSN: 1001-4055
Vol. 45 No. 4 (2024)

Effectiveness of Video-Assisted Teaching Programme on the Knowledge Regarding Stress Urinary Incontinence among Working Women in Selected Working Areas.

Ms. Sneha Shashikant More [1*] Ms.Tejashri Mulye [2*]

Dept of OBGY Nursing, Sinhgad College of Nursing, Pune.

Abstract

In the same way, as fire melts itself and lights people, women strengthen their own families by enduring hardships, providing for the needs of others, and ultimately taking pleasure in their success. Throughout their lives, women undergo a variety of changes, some of which are obvious and others of which are not. There could be both psychological and physical changes in the ladies. About 13% of women between the ages of 19 and 44 and 22% of women between the ages of 45 and 64 suffer from SUI, a relatively frequent illness. This study aimed to assess the effectiveness of the video-assisted teaching programme on the knowledge regarding stress urinary incontinence among working women in selected working areas.

The study used a quantitative research strategy as its research methodology. Pre and post-test control group designs were quasi-experimental and non-randomized, according to the researcher. The study was built on the open system model developed by J. W. Kenny. The study's accessible population was made up of women who had assisted or vaginal births, were between the ages of 35 and 60, worked as traffic police, were willing participants, could read, write, and understood either Marathi or English and were present when the data was being collected. There were 60 people in the sample (experimental group 30, control group 30) who were chosen using a non-probability purposive sampling technique by the inclusion criteria. The tool includes a structured knowledge questionnaire on stress urinary incontinence and demographic data.

Descriptive and inferential statistics were used in the data analysis. The paired t-test and two-sample t-test are used to find the effectiveness of video-assisted teaching programme on the knowledge regarding stress urinary incontinence among working women in selected working areas. Fisher's exact test is used to find the association between knowledge among working women regarding stress urinary incontinence and selected demographic variables.

Results: pre-test, 6.7% of the working women had poor knowledge,90% of them had average knowledge and 3.3% of them had good knowledge regarding stress urinary incontinence. In the post-test, 60% of them had average knowledge and 40% of them had good knowledge regarding stress urinary incontinence. This indicates that the knowledge among working women regarding stress urinary incontinence improved remarkably after video assisted teaching programme.

Keywords: Knowledge, women, stress urinary incontinence, video-assisted

Introduction

Women are the creator's beautiful creation. Women build up their own families by putting themselves through hardships, making others the benefits and then enjoying the success of others, much way a spark melts itself and illuminates people. Women experience multiple changes during their lifetimes and many of these changes are

visible while others are hidden. The physiological changes in women that occur from puberty, childbirth, and menopause. Women who choose to give birth vaginally must be willing to accept changes as they occur. The natural changes that are developing in women cannot be avoided; however, they can be treated by early detection and the beginning of lifestyle modalities. [1]

Stress urinary incontinence affects 15.7% of adult women; 77.5% of women report the symptoms to be bothersome and 28.8% report the symptoms to be moderate to severe. Prevalence of stress urinary incontinence will increase with age particularly with menopause. One study found that 41% of women older than 40 years old will have urinary incontinence. Up to 77% of elderly females in nursing homes will have urinary incontinence. In one study, only 60% of women with incontinence sought treatment. In the United States, direct expenditures are approximately 13.12 billion dollars on SUI per year.[5]

SUI is a very common illness that affects roughly 13% of women between the ages of 19 and 44 and 22% of women between the ages of 45 and 64. These women experience sporadic urine leakage episodes, which severely reduces their quality of life.

In many women worldwide, stress urine incontinence is a widespread problem. Stress incontinence symptoms are reported by about 50% of women with urine incontinence, but estimates of the prevalence and incidence are constrained by disparate assessment techniques used in epidemiologic research in various populations.[6]

Need Of The Study

The most common type of incontinence in women, estimated to affect 15 million, is stress incontinence. 29% of women in the 60 to 70 age range have leakage when they sneeze, cough, or laugh. Symptoms are experienced by 24% of women aged 25 to 44 compared to 33% of women aged 45 to 64. According to statistics cited by the Alfa Clinic (2011), women with stress urine incontinence are most prevalent in the age groups of 15 to 64 (10–30%) and 65 and older (15–35%) in the Western world. Urinary incontinence affects 50,904,110 women in India.[8]

Women are more likely to have UI and, in particular, SUI because of their reproductive role and the related physiological changes that occur from puberty through menopause. The primary issue with a urethral closure, known as intrinsic sphincter deficit, is what causes SUI in women and is caused by these changes altering the pelvic diaphragm.[9]

Methodology

The current research study was designed to assess the **Effectiveness of video-assisted teaching programme on the knowledge regarding stress urinary incontinence among working women in selected working areas.**

The study used a quantitative research strategy as its research methodology. Pre and post-test control group designs were quasi-experimental and non-randomized. The research was carried out among 60 working women using a non-probability purposive sampling technique. Along with demographic information, the tool contains a structured knowledge questionnaire on stress urinary incontinence.

The program was used to document the results. In the data analysis, both descriptive and inferential statistics have been used. The efficiency of a video-assisted instruction program on working women's awareness of stress urine incontinence in certain job domains is measured using the paired t-test and the two-sample t-test. The relationship between working women's knowledge of stress urine incontinence and particular demographic factors is investigated using Fisher's exact test.

Results

SECTION I- It deals with the description of samples (working women) based on their personal characteristics

20% of the working women had age 26-35 years, 73.3% of them had age 36-45 years and 6.7% of them had age 46-56 years. In the education, qualification 20% of them had an H.Sc. education and 80% of them were graduates. 6.7%of them had 6 hours of work and 93.3% of them had 8 hours of work. 20% of them had attended previous teaching programme regarding SUI. 26.7% of them had signs and symptoms of stress urinary incontinence. 10%

of them had 3-5 hours of sleep per day, 76.7% of them had 6-8 hours of sleep per day and 13.3% of them had 9-11 hours of sleep per day. 23.3% of them had information regarding SUI from family members, 23.3% of them had information from friends, 43.3% of them had information from mass media and 10% of them had information regarding SUI from other sources.

SECTION II- It deals with the analysis of data related to the prevalence of stress urinary incontinence among working women

20% of the working women had signs and symptoms of stress urinary incontinence.

SECTION III - Analysis of data related to knowledge regarding stress urinary incontinence among working women before implementation of video-assisted teaching programme

Table 3.1: Knowledge regarding stress urinary incontinence among working women before implementation of video-assisted teaching programme

N=30, 30

Knowledge	Experimental		Control	
	Pretest		Pretest	
	Freq	%	Freq	%
Poor	2	6.7%	6	20.0%
Average	27	90.0%	23	76.7%
Good	1	3.3%	1	3.3%

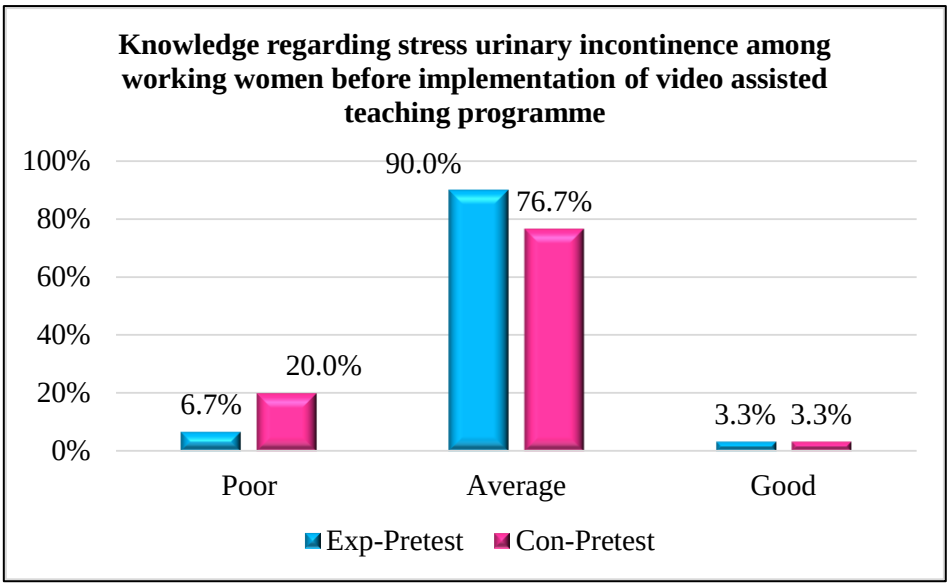

Figure No.4.9: Bar diagram showing percentage-wise distribution of samples according to their knowledge regarding stress urinary incontinence among working women before implementation of video-assisted teaching programme

In the pre-test, 6.7% of the working women had poor knowledge (score 0-8) 90% of them had average knowledge (score 9-16) and 3.3% of them had good knowledge (score 17-25) regarding stress urinary incontinence.

SECTION IV- Analysis of data related to the effectiveness of video-assisted teaching programme on the knowledge regarding stress urinary incontinence among working women in selected working areas

Table 4.1: Effectiveness of video-assisted teaching programme on the knowledge regarding stress urinary incontinence among working women in selected working areas

N=30, 30

Knowledge	Experimental				Control			
	Pretest		Posttest		Pretest		Posttest	
	Freq	%	Freq	%	Freq	%	Freq	%
Poor	2	6.7%	0	0.0%	6	20.0%	10	33.3%
Average	27	90.0%	18	60.0%	23	76.7%	19	63.3%
Good	1	3.3%	12	40.0%	1	3.3%	1	3.3%

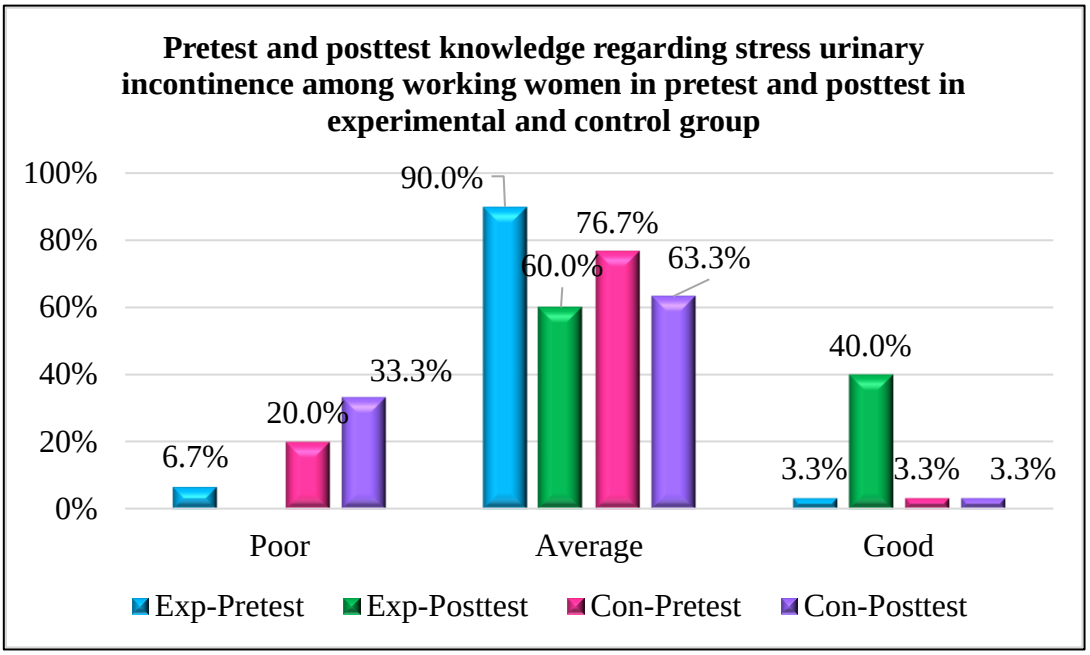

Figure No.4.10: bar diagram showing percentage wise distribution of samples according to their pretest and posttest knowledge regarding stress urinary incontinence among working women in pretest and posttest in experimental and control group

In the pre-test, 6.7% of the working women had poor knowledge (score 0-8) 90% of them had average knowledge (score 9-16) and 3.3% of them had good knowledge (score 17-25) regarding stress urinary incontinence.

In the post-test, 60% of them had average knowledge (score 9-16) 40% of them had good knowledge (score 17-25) regarding stress urinary incontinence.

In the posttest, 33.3% of the working women had poor knowledge (score 0-8) 63.3% of them had average knowledge (score 9-16) and 3.3% of them had good knowledge (score 17-25) regarding stress urinary incontinence. This indicates that the knowledge among working women regarding stress urinary incontinence improved remarkably after video assisted teaching programme.

Table 4.2: Paired t-test for the effectiveness of video-assisted teaching programme on the knowledge regarding stress urinary incontinence among working women in selected working areas

N=30, 30

	Mean	SD	T	df	p-value
Pretest	11.2	2.1	8.5	29	0.000
Posttest	14.9	2.7			

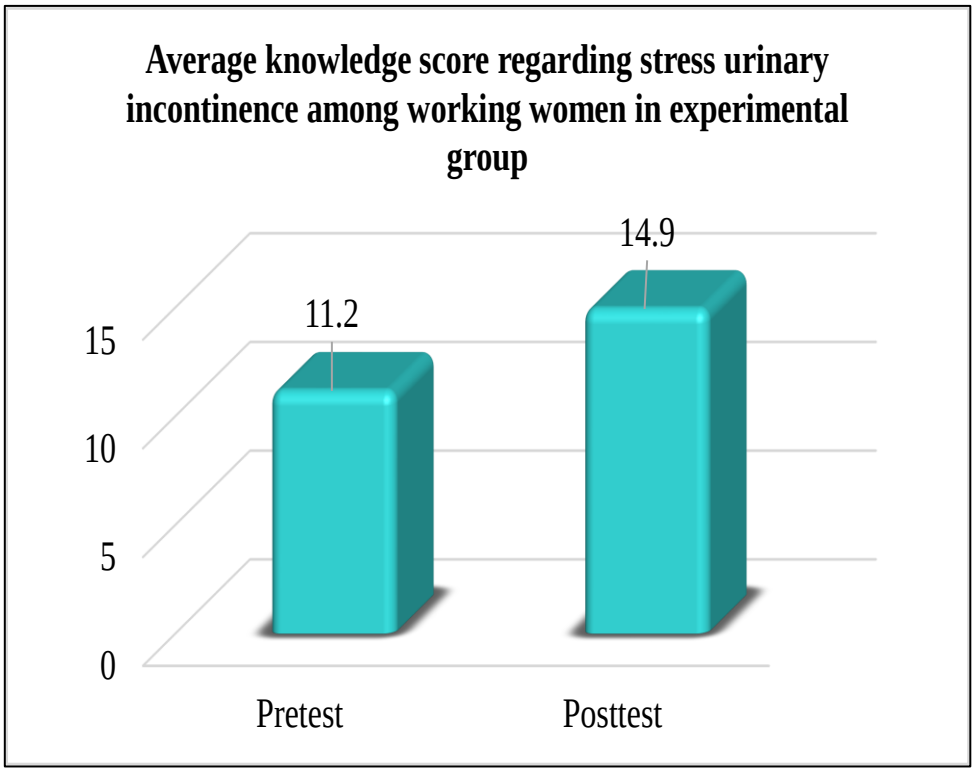

Figure No.4.11: Bar diagram showing the percentage-wise distribution of samples according to their knowledge regarding stress urinary incontinence among working women in experimental

applied paired t-test for the effectiveness of video assisted teaching programme on the knowledge regarding stress urinary incontinence among working women in selected working areas. The average knowledge score in the pretest was 11.2 which increased to 14.9 in the post-test. The t-value for this test was 8.5 with 29 degrees of freedom. The corresponding p-value was small (less than 0.05), and the null hypothesis was rejected. The video-assisted teaching program was significantly effective in improving the knowledge among working women regarding stress urinary incontinence.

Table 4.3: Two sample t-tests for comparison of change in knowledge score among working women in experimental and control group

N=30, 30

Group	Mean	SD	T	df	p-value
Experimental	3.8	2.4	8.4	58	0.000
Control	-0.9	1.8			

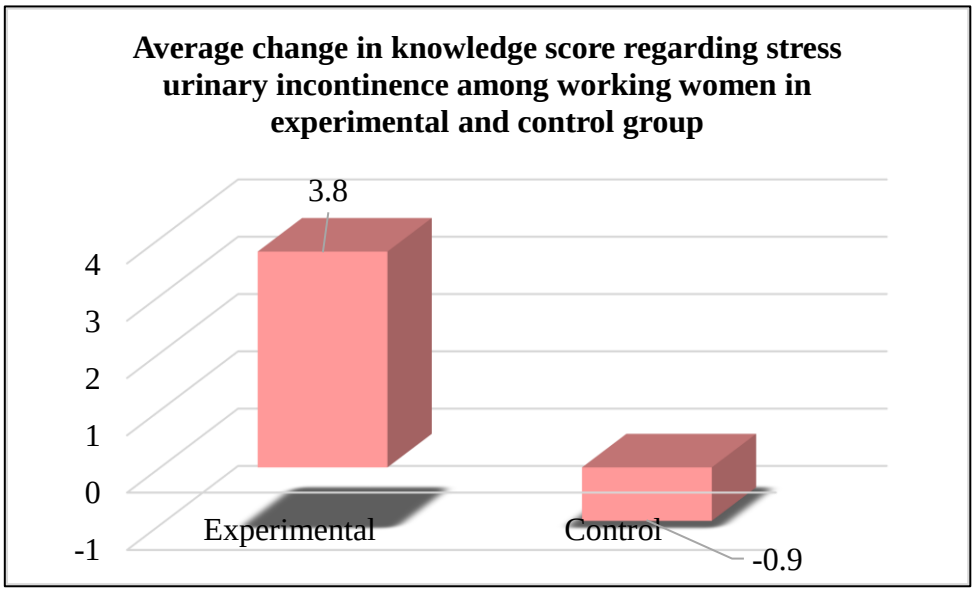

Figure No.4.12: bar diagram showing the percentage-wise distribution of samples according to their knowledge regarding stress urinary incontinence among working women in experimental and control groups

applied two-sample t-test for comparison of the change in knowledge score among working women in the experimental and control group. The average change in knowledge score was 3.8 in the experimental group which was -0.9 in the post-test. The t-value for this test was 8.4 with 58 degrees of freedom. The corresponding p-value was small (less than 0.05), and the null hypothesis was rejected. The video-assisted teaching program was significantly effective in improving the knowledge among working women regarding stress urinary incontinence.

SECTION V- It deals with the Analysis of data related to the association between knowledge among working women regarding stress urinary incontinence and selected demographic variables

Fisher's exact test was used for the association between knowledge among working women regarding stress urinary incontinence and selected demographic variables.

Regarding working women's knowledge of stress urine incontinence, there is no significant association found between any of the demographic variables.

Discussion

Any research study can be considered complete till the research findings have been propagated among concerned fraternity and other significant people. This chapter deals with a brief summary of findings, discussion, conclusion, implications and recommendations of the study.

The study we conducted with the purpose effectiveness of video-assisted teaching programme on the knowledge regarding stress urinary incontinence among working women in selected working areas.

studied the acceptance of treatment outcome for stress urine incontinence (SUI), and associated it to age, distress, and quality of life (QOL). In the USA, a cross-sectional study of women was carried out. The Urogential Distress Inventory (UDI-6) and the American Urologic Association QOL questionnaire, as well as other verified items about treatment options and possible outcomes, were performed to 100 women (mean age, 53.8 years) during the initial interview. Among the 100 women who filled out questionnaires, 22% expected a good recovery, 57% a significant improvement, 12% better coping skills, and 9% any change at all. 79% of patients predicted their SUI will improve or be healed after treatment, which was determined to be a reasonable expectation. The ladies were also asked what kind of treatment they thought was appropriate for their SUI: 22% thought major surgery, 39% thought minor surgery, 32% thought clinical procedure, and 7% thought medicine. The majority of women (71%)

thought a less painful technique like collagen injection or a clinical procedure like trans obturator tape would be most acceptable.

The goal of this study was to determine whether Kegel exercises can help women with stress urine incontinence feel less incontinent. Women with stress urinary incontinence who had performed Kegel exercises and completed the inclusion criteria were the subjects of randomized controlled trials (RCTs). the criteria for inclusion were met by 11 trials totaling 510 women. According to their findings, Kegel exercises greatly lessened the symptoms of female stress urine incontinence. Kegel exercises may help women with stress urine incontinence control their condition, according to some data

Conclusion

The researcher felt a deep sense of satisfaction and fulfillment at having undertaken the study. The study provided deeper insight and empathy towards the need for expert guidance from the guide and cooperation of teachers has made this study a fruitful and pleasant experience.

This study aimed to assess the effectiveness of the video-assisted teaching programme on the knowledge regarding stress urinary incontinence among working women in selected working areas.

In this study of Quantitative Research, Quasi quasi-experimental non-randomized control group design was used, and 60 samples were selected from urban areas using the purposive sampling technique. The data was collected by questionnaire analysed, and interpreted by applying statistical methods.

Acknowledgement: The researcher would like to acknowledge the ethical committee and authorities of the selected urban area and all the participants for their support in the study.

Financial support and sponsorship: This was a self-funded study.

Conflict of interest: There are no conflicts of interest.

References:

1.Repository-tnmgrmu.ac.in. [cited 2023 Mar 13]. Available from: http://repository-tnmgrmu.ac.in/12997/1/300407812priyadorathy.pdf

2. Lugo T, Riggs J. Stress Incontinence [Internet]. PubMed. Treasure Island (FL): StatPearls Publishing; 2020 [cited 2020 May 15]. Available from: https://www.ncbi.nlm.nih.gov/books/NBK539769/

3.Jonsson Funk M, Levin PJ, Wu JM. Trends in the Surgical Management of Stress Urinary Incontinence. Obstetrics & Gynecology. 2012 Apr;119(4):845– 51

4.Priya Dorathy S. A Study to Assess the Effectiveness of Pelvic Floor Exercise for Stress Urinary Incontinence among Women in Selected Communities at Coimbatore (Doctoral dissertation, KMCH College of Nursing, Coimbatore). http://repository-tnmgrmu.ac.in/12997/

5.Sawant S. The effect of advanced behavioral technique on severity of urinary incontinence and quality of life among women. 2020 [cited 2023 Mar 14]; Available from: https://shodhganga.inflibnet.ac.in/jspui/handle/10603/355799