

“A study to assess effectiveness of structured teaching programme on knowledge regarding the measures to improve daily water consumption among the nursing students in Smt. Nagarathnamma School of Nursing.”



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SUBMITTED AS A

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REQUIREMENTS

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DECLARATION BY THE CANDIDATE

We hereby declare that this project entitled “**A study to assess effectiveness of structured teaching program on knowledge regarding measures to improve daily water consumption among the first year GNM students in Smt.Nagarathnamma School of Nursing**” Is a bonafide and genuine research work carried out by Mr.Tashi Sherpa, Mr.Ujjwal Pradhan, Ms.Uden Wangmo, Mr. Tshewang Rinzin, Ms.Susmita Adhikari, Mr.Yonten Jamtsho, Ms.Tshering Wangmo,Ms.Sutapa Das, Ms.Yangchen Wangmo, Mr.Thinley Dorji Wangchuk. In partial fulfillment of requirement for the diploma of general nursing and midwifery under the guidance of Mrs.Shweta Ganapati Naik Assistant Professor, Department of Mental Health Nursing, Smt.Nagarathnamma School of Nursing. 69/80, Acharya Dr. Sarvepalli Radhakrishnan Road, Soldevanahalli, Bengaluru - 560107

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ENDORSEMENT BY THE HOD, PRINCIPAL/HEAD OF THE INSTITUTION

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ABSTRACT

TITLE: “A study to assess effectiveness of structured teaching programs on knowledge regarding prevention of less consumption of water among the first year GNM students in Smt. Nagarathnamma school of nursing.

BACKGROUND:

Adequate water intake is essential for maintaining optimal health. However, awareness regarding the consequences of insufficient water consumption remains low among young adults, including nursing students. As future healthcare providers, it is crucial that General Nursing and Midwifery (GNM) students possess proper knowledge about hydration and its

OBJECTIVE:

1. To assess the base line knowledge of first year GNM nursing students regarding water consumption.
2. To evaluate the effectiveness of a structured teaching program on improving knowledge, attitude and practice regarding dehydration prevention.
3. To evaluate the difference between the pre-test and post-test score.
4. To find out the association between the pre-test and post-test score with selected demographic variables.

METHOD:

A pre-experimental one-group pre-test post-test design was used. A total of 60 students from first-year GNM students were selected using purposive sampling. A structured questionnaire was administered to assess their baseline knowledge. Following this, a structured teaching program was delivered. After one week, a post-test was conducted using the same questionnaire. Data were analysed using descriptive and inferential statistics.

RESULT:

The findings showed a significant improvement in post-test knowledge scores compared to pre-test scores. Indicating the effectiveness of the structured teaching program in enhancing students' understanding of the prevention of less water consumption and its health implications.

- The majority of participants (70%) were aged between 17–19 years.
- Most participants (70%) were female
- 85% of students resided in hostels;
- 15% were day scholars.
- 75% of students reported consuming less than 1.5 litres of water daily before the intervention.

KEYWORDS:

Structured Teaching Program, Water Consumption, GNM Students, Nursing Education, Hydration, Health Promotion, assess effectiveness.

CONCLUSION:

The structured teaching program proved to be an effective method for increasing awareness and knowledge among GNM students about the importance of adequate water intake. Integrating such educational interventions in the nursing curriculum is recommended to promote better health practices among future nurses.

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