

## “A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAM ON KNOWLEDGE REGARDING HYPOCHONDRIA AMONG YOUNG ADULT IN SELECTED AREA OF MEHSANA CITY”

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### Abstract

A young adult is the one who has suffer from health anxiety, Health anxiety is serious global health issue in Young adult. According to World health organization, in India, Hypochondria is an serious public condition in youth side, Due to lack of awareness and stigma attached with mental health issue, people do not come forward for treatment. Linking to support group of reducing cause of depression and depression convert into loss of hope in Life due to lack of knowledge proper Hypochondria. Being mentally healthy should be part of your overall lifestyle. Living mentally healthy can help prevent chronic disease and long term illnesses. Feeling good about yourself and taking care of your health are important for your self-esteem and self-image. Advice for daily care of your physical needs and managing the stress of health anxiety. A quantitative approach using pre experimental one group pre-test post-test research design. Selected area of Mehsana city . (Radhanpur road, Visnagar-Mehsana highway , Modhera circle complex). 100 selected young adult of Mehsana using probability sampling technique. Self-structured knowledge questionnaire. Result finding with regard pretest knowledge it shows that, maximum 74% were average in test and 26% were after give intervention with planned teaching program maximum score 88% with good score and 12% with average of participants with mean of pretest 10.39 and posttest 24.13 mean with study from selected areas of Mehsana. There was an increase in knowledge score and knowledge after planned teaching programme regarding Hypochondria among young adult in selected area of Mehsana.

**Key words:** Assess, Effectiveness, Hypochondria, Planned Teaching Program, Prevention, And Young Adult.

### BACKGROUND OF THE STUDY

Hypochondria is a condition in which a person is excessively and unduly worried about having a serious illness. It's also known as DOCTOR SHOSPping in medical arena. The disorder affect 2-7% of patients attending general medical clinics. The disorder most commonly appears in persons 20-30 years of age. According to **NCBI (National center of Biotechnology Information) by D Vermes & B A Fallon**, the diagnosis and pharmacologic treatment of hypochondriasis. Diagnostic issues are reviewed briefly, focusing on the need for a thorough medical re-consideration of the patient's presenting symptoms. Because the diagnosis rests on the absence of a medical cause to account for the presence or intensity of the physical symptoms, neither self-report forms nor non-medically trained interviewers should be used to definitively make the diagnosis of hypochondriasis. According to **Times Of India (2022)**, the staggering rise in the number of COVID-19 cases has alarmed everyone. To top it off, the omicron variant runs rampant across the globe, making it difficult for health officials to maintain the calm. Due to media and TV news Indian all are worried about their

health and illness after serious wave of COVID-19. After 4.88+ death due to this period health anxiety ratio is increase in nation.

### PROBLEM STATEMENT

“A Study to assess the effectiveness of planned teaching program on knowledge regarding Hypochondria among young adult in selected area of Mehsana city”

### OBJECTIVES OF THE STUDY

- i. To assess the level of knowledge regarding hypochondria among young adult.
- ii. To evaluate the effectiveness of planned teaching program regarding hypochondria among young adult.
- iii. To find out the association between knowledge with their selected demographic variables

### HYPOTHESIS

**H0:** There will be no significant difference between pre-test and post -test knowledge score regarding hypochondria among young adult at 0.05 level of significance.

**H1:** There will be significant difference between pre-test and post-test knowledge score after administration of planned teaching program regarding of hypochondria among young adult at 0.05 level of significance.

### ASSUMPTION

- People may have some knowledge regarding hypochondria.
- People may improve the knowledge regarding hypochondria after administration of planned teaching program among young adult.

### METHODOLOGY

- **Research approach** : Quantitative approach.
- **Research design** : Pre experimental one group pre-test post-test
- **Setting** : Mehsana City.
- **Population** : young adult
- ✓ **Target population** : young adult in selected area of Mehsana city
- ✓ **Accessible population** : young adult who fulfill the sampling criteria.
- **Sample** : young age
- **Sampling technique** : Non-probability convenient sampling technique.
- **Sample size** : 100 sample
- **Tool** : Self structured Knowledge questionnaire
- **Sampling criteria** : The following criteria are set to select samples
- **Inclusive Criteria for sampling** :
  - People who are willing to participate in this study.
  - People who are understand English & Gujarati language
- **Exclusive criteria for sampling** :
  - People who are not mentally healthy.
  - People who are not available at data collection.

## RESULT

### Finding related to personal demographic data of the samples

As regard to majority 40(40%) age group belong from 19 to 24 year, 35(35%) belong 25 to 29 year age group, 10 (10%) belong 30 to 34 year of age group and 15 (15%) of belong from 35 to 39 year of age group. Total 100 participants in this study. In their 55% of male is and 45% of women in this study, of all study majority of marital status is married 50% and least 2% is divorced, remain is single 48% of this group. This study involve family group is nuclear and joint, majority is joint family (66%) & nuclear (34%). In this group education status has majority belong with high school (23%), and least of post graduate young adult in this group, there are secondary school (18%), high secondary (12%) & graduate (19%). Due to data analysis employment status of young adult is majority is employment (62%) and least with unemployment (38%), with their occupation is homemaker (34%), student(18%), private job(20%), government job(20%), business (03), daily wages worker(05%), they people income of monthly in rupees majority is lower class(35%), and least is elite (00%), next to second low list group is middle class with (30%). In that group they have 30% young adult who had previous knowledge about Hypochondria. Due to Media, television, newspaper & health profession.

### Finding related to percentage distribution of sample characteristics:

With regard to pre-test level of knowledge after administration of planned teaching program 26% of young adult had poor knowledge (score 0-10) regarding Hypochondria while (74%) young adult had average (score 11-20) knowledge, in sample analysis they had not good (score 21-30) knowledge regarding Hypochondria. In post test that was marked improvement knowledge of young adult regarding Hypochondria. with majority of 88% young adult gained their knowledge with good (score 21-30) and 12% get average (score 11-20). In pre-test, participants mean was 10.39, post test mean was 24.13 difference between mean was 13.74, standard deviation of pre-test was 3.164, post-test was 4.390 and 't' value was 15.47. The knowledge score of the young adult show marked increase as seen in post test score of the group, which indicate that structure teaching program is effective in increasing their knowledge regarding Hypochondria.

### Significant difference of knowledge score of the Young adult regarding Hypochondria before and after administration of structure teaching programme.

Level of knowledge	Pre-test		Post-test	
	Frequency	Percentage	Frequency	Percentage
Poor (0-10)	26	26%	00	00%
Average(11-20)	74	74%	12	12%
Good (21-30)	00	00%	88	88%

### Significant difference of knowledge score of the young adult regarding Hypochondria

Finding data related to pretest and posttest that prior to the administration of structure teaching program 26% of young adult had poor knowledge (score 0-10) regarding Hypochondria while (74%) young adult had average (score 11-20) knowledge, in sample analysis they had not good (score 21-30) knowledge regarding Hypochondria.

In post test that was marked improvement knowledge of young adult regarding Hypochondria. with majority of 88% young adult gained their knowledge with good (score 21-30) and 12% get average (score 11-20).

The knowledge score of the young adult show marked increase as seen in post test score of the group , which indicate that structure teaching program is effective in increasing their knowledge regarding Hypochondria.

**Effectiveness of structure teaching program on knowledge regarding Hypochondria among young adult in selected area of Mehsana.**

To find the significant difference between mean pre-test and post-test knowledge score “t” test was used. In order to test the statistical significance between the mean pre-test knowledge score.

**CONCLUSION**

There was an increase in knowledge score after awareness teaching.  
There is significant moderate co-relation between the knowledge of the young adult regarding Hypochondria.

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Parameter	Mean	Mean difference	SD	“t” value
Pre-test	10.39	13.74	3.614	15.47
Post-test	24.13		4.390	

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#### NEWSPAPER

- Times of India ( 30, nov 2019)

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