"A STUDY TO ASSESS THE KNOWLEADGE AND ATTITUDE REGARDING PREVENTION OF LIFE STYLE DISEASES AMONG ADULT POPULATION IN SELECTED AREA OF SOUTH GUJARAT"

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Abstract: **Problem statemen: "**A Study to Assess the Knowledge and Attitude Regarding Prevention of Life Style Diseases Among Adult Population in Selected Area of South Gujarat**". Objectives** 1) To assess the knowledge of adult regarding prevention of life style diseases. 2)To assess the attitude of adult regarding prevention of life style diseases. 3) To correlation the knowledge with attitude regarding prevention of life style diseases.4) To find out the association between knowledge and attitude regarding prevention of life style diseases with selected demographic variables.

 Method: The research design in this study is descriptive design the research approach use in the study is the quantitative approach. Sample consisted of 60 adults were selected form S.R. LUTHRA INSTITUT OF MANAGEMENT, South Gujarat Sample random sampling technique. Data was collected by structure questionnaire compost of questionnaire to assess knowledge and attitude regarding prevention of lifestyle diseases among adult in the south Gujarat

Results: It was noted that 53.33% of the sample of male and 46.67% of the samples were female. Majority respondents according to income of student parent are 76.6% above 10000, 15% between" 5000-10000" & 8.33% of bellowed 50000. Regarding living arrangement 83.33% of with campus parent, 13.33% of without campus parent & 8.33% of on campus in hostel. Majority of the respondents according to types of family of the college student were 70% of nuclear family and 30% of joint family

INTRODUCTION
OBJECTIVES OF THE STUDY

1) To assess the knowledge of adult regarding prevention of life style diseases.
2) To assess the attitude of adult regarding prevention of life style diseases.
3) To correlation the knowledge with attitude regarding prevention of life style diseases.
4) To find out the associations between knowledge and attitude regarding prevention of life style diseases with selected demographic variables.

HYPOTHESIS

- H1- There will be significant correlation between knowledge and attitude regarding prevention of life style diseases among adult.

- H2- There will be significant association of knowledge and attitude with selected demographic variables.

DELIMITATIONS

This study is delimited to

- The limited sample size limits on the generalization of the study findings

- Study limited to specific geographic area may limit the generalization.

- Long –term follow up could not be carried out due to time constraints.

- Simple random sampling technique limits in generalization of the study findings.

OPERATIONAL DEFINITIONS

ASSESS:
Assess means to find out the knowledge regarding prevention of lifestyle diseases among the adult.
KNOWLEDGE:
The level of understanding and awareness of adult regarding prevention of lifestyle diseases measured by the correct responses from the participants.
ATTITUDE:
It refers to the opinions towards prevention of life style disease among adult which is measured by knowledge.
LIFESTYLE DISEASE:
In the study it refers to hypertension, obesity, type 2 diabetes and cancer.
ADULT:
In this study and adult refers to a person age between 18 to21, studying in college.
PREVENTION:
It is the precautionary adopted by college students to prevent occurrence of lifestyle disease.

RESEARCH METHODOLOGY

REASERCH APPROACH: Quantitative research approach

RESEARCH DESIGN: In this research study descriptive research is used to identifying the knowledge of college an adult regarding prevention of life style disease by asking to answer a series of questions.

VARIABLES:

Research variables:

- **Variable:** Knowledge and Attitude of an Adult regarding Prevalence of lifestyle diseases.
- **Demographic Variables**: Age, Sex, Type of family, Income, Living, Source of information.

RESEARCH SETTING: Selected adult population of south Gujarat

POPULATION AND SAMPLE

POPULATION: Adult students at S.R.Luthra Institute of Management College.

SAMPLE: 60 adults from S.R. Luthra Institute of Management College South Gujarat, Were selected by simple random sampling technique.

SAMPLING TECHNIQUE: "Non- probability Purposive" sampling technique

DESCRIPTION OF TOOL:

Part 1- Demographic data

Deals with demographic data consist of items and used to collect the sample characteristics, which comprise of Age, Sex, source of knowledge, educational status, income of parents, living arrangement, type of family.

Part-2 Knowledge Questions

Consists of knowledge questionnaire with 20 items on Prevention of lifestyle diseases using multiple chaise question witch 4 option of with one is the correct response. For every correct response a score of one and for every wrong response a zero was awarded maximum score is 20 and minimum score is zero.

The knowledge level of respondent its was classified as

- o Adequate 16-20 points (<75 %)
- o Moderate 11-15 points (51-75 %)
- o Inadequate 0-10 points (50 %)

Part – 3: Attitude questions

Consist of liket scale to assess the attitude of adult towards Prevention of lifestyle diseases. The scale includes positive and negative items. There are 20 items on attitude where in the score allotted for positive item was Agree, Disagree, Neutral, Points.

- Favorable attitude 15-20 points (>75 %)
- Moderate attitude 11-14 points (51-75%)
- Unfavorable attitude 1-10 points (<50%

RESULT

Section A: Demographic characteristics of respondents

Table 1: Frequency and percentage of Distribution of sample according to gender   N=60

Sr.no	Gender	Frequency	Percentage
1	Male	32	53
2	Female	28	47
3	Total	60	100

Table 2: Frequency and percentage of distribution of sample according to Age N=60

Sr. no	Age	Frequency	Percentage
1.	18-19 year	25	42
2.	20-21 year	35	58
3.	Total	60	100

Majority of them are 42%. Of the adults were 18-19 and 58% were 20-21.

Table 3: **Distribution of samples according to income of parents,** N=60

Sr.no	Income of parent	Frequency	Percentage
1	<5000	5	8
2	5000-10000	9	15
3	>10000	46	77
4	Total	60	100

Majority of them is the 8% parents were income below 5000 15% were income 5000-10000and 77 %were income above 10000.

Table 4: Distribution of sample according to living arrangement N=60

Sr.no	Living arrangement	Frequency	Percentage
1	Off campus without parent	8	13
2	On campus in hostel	2	3
3	Off campus with parent	50	84
4	Total	60	100

Majority of them that is the 13%adults were living in off campus without parents 3% were on campus in hostel and 84%were living off campus with parents

Table 5: Distribution of sample according to type of family

Sr.no	Types of family	Frequency	Percentage
1	Nuclear	42	70
2	Joint	18	30
3	Total	60	100

Majority of them that is the 70 % adults were nuclear family and 30 % joint family.

Table 6: Distribution of the sample according to the source of knowledge

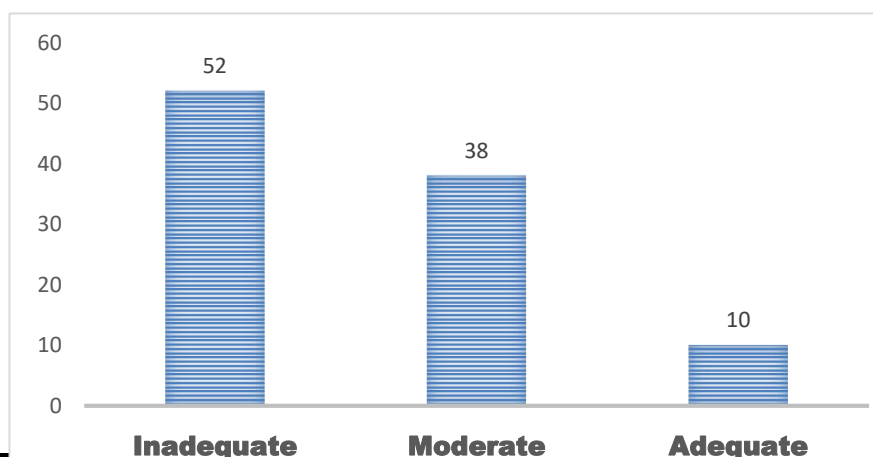| Sr.no	Source of knowledge	Frequency	Percentage
1	Mass media	25	42
2	Health personnel	15	25
3	Friends	20	33
4	Total	60	100

Majority of them that is the 41.6% adults were get from mass media, health personnel were 25% and 33.3 % from friends.

SECTION B: Findings related to knowledge score of respondents on lifestyle diseases

Table 7: Distribution of sample according to frequency and Percentage of college student by the level of knowledge N=60

Sr.no	Level of knowledge	Score	Frequency	Percentage
1	Inadequate	<50%	31	52
2	Moderate	50-70%	23	38
3	Adequate	>75%	6	10
	Total		60	100

Represents the distribution of the college student by the attitude scale where inadequate 52% of the student had adequate knowledge where 10 % of the student had moderate 38 %of adequate attitude
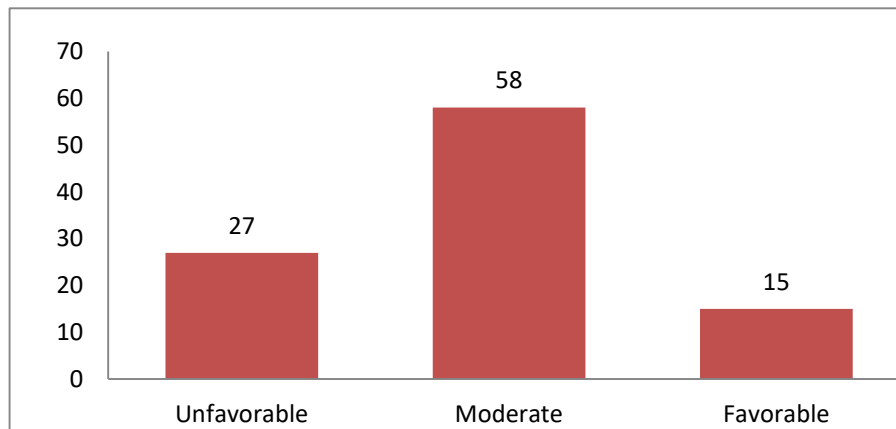
SECTION –C: LEVEL OF ATTITUDE

Table 8: Distribution of sample according to frequency and percentage of college student by the level of attitude

Sr.no	Level of attitude	Score	Frequency	Percentage
1	Unfavorable	>45	16	27
2	Moderate	30-44	35	58
3	Favorable	1-29	9	15
4	Total		60	100

Distribution of sample according to frequency and percentage of college student by the level of attitude.

Section D: correlation
Table 9: Correlation between the level of knowledge& attitude

Respondent distribution of the adult by the overall Correlation between knowledge and attitude by computerized is -0.1 and manual value is 0.03and correlation between -0.1

Domain	Maximum score	Obtain score		Mean (%)	Median (%)	SD	Correlation	Se cti on E Ta bl
		Maximum score	Minimum score					
Knowledge	20	18	2	8.7	8.5	4	-0.10	
Attitude	20	15	6	48	45	6.8		

e 10: Association between knowledge of sample with selected demographical variable

Sr. No	Variables	Above Median	Below Median	Chi-Square	Df	Significance
1.	Gender					

	Male	11	16			
	Female	15	11	1.3	2	S
2.	Age					
	18-19	11	11	0.18	2	S
	20-21	16	16			
3.	Family income					
	Below 5000 rs	3	1	4.4	4	NS
	5000-10000rs	5	3			
	10000 and above	18	23			
4.	Living arrangement					
	Off campus without parents	0	8	34	4	S
	On campus in hostel	0	2			
	Off campus with parents	30	20			
5.	Types of family					
	Nuclear	25	17	30.3	2	S
	Joint	5	13			
6.	Source of knowledge					
	Mass media	13	12	4.14	4	S
	Health personnel	10	5			
	Friends	8	12			

Table 12: Association between attitudes of sample with selected demographical variable

Sr. No	Variables	Above Median	Below Median	Chi-Square	Df	Significance
1.	Gender					
	Male	11	16			
	Female	15	11	1.3	2	S
2.	Age					
	18-19	11	11	0.18	2	S
	20-21	16	16			
3.	Family income					
	Below 5000 rs	3	1	4.4	4	NS
	5000-10000rs	5	3			
	10000 and above	18	23			
4.	Living arrangement					
	Off campus without parents	04	2	5.3	4	S
	On campus in hostel	02	0			
	Off campus with parents	21	25			
5.	Types of family					
	Nuclear	20	20	5.18	2	S
	Joint	5	7			
6.	Source of knowledge					
	Mass media	113	10	2.13	4	S
	Health personnel	6	6			
	Friends	7	11			

DISCUSSION

The finding our discussion under the following leading

Section A: demographical data

Table 1: Represents the distribution of adults by gender. Majority of them are 47%. Of the adults were female and 53 % were male.

Table 2: Represents the distribution of adults by age. Majority of them are 42%. Of the adults were 18-19 and 58% were 20-21.

Table 3: Represents the distribution of adults by income of parents. Majority of them is the 8% parents were income below 5000 15% were income 5000-10000and 77 %were income above 10000

Table 4: Represents the distribution of adults by living arrangements. Majority of them that is the 13%adults were living in off campus without parents 3% were on campus in hostel and 84%were living off campus with parents

Table 5: represents the distribution of adults by types of family. Majority of them that is the 70 % adults were nuclear family and 30 % joint family

Table 6: represents the distribution of college adults by source of knowledge. Majority of them that is the 41.6% adults were get from mass media health personnel were 25% and 33.3 % from friends

Table 7: represents the distribution of the college student by the attitude scale where inadequate 52% of the student had adequate knowledge where 10 % of the student had moderate 38 %of adequate attitude

Section B: Findings related to knowledge score of respondents on lifestyle diseases
Table 7: represents the distribution of the college student by the attitude scale where inadequate 52% of the student had adequate knowledge where 10 % of the student had moderate 38 %of adequate attitude

Section: C Distribution of sample according to frequency and percentage of college student by the level of attitude
Table 8: represents the distribution of the adults by the attitude scale where unfavourable 0 % of the adult had moderate knowledge where 85% of the student had favourable 15 % of adequate attitude.

Section: D: correlation between the level of knowledge and attitude

Correlation between knowledge and attitude by computerized is -0.1 and manual value is 0.03and correlation between -0.1.

Section: E: association between knowledge and attitude of sample with selected demographical variable

Table 10 represents there is significant association between knowledge and demographical variable such as gender, age, living arrangement, types of family, and source of knowledge are significant and family income is not significant.

Table 11 represent there is significant association between attitude and demographical variable such as gender, age, family income, living arrangement, types of family, source of knowledge.

CONCLUSION

A study was conducted to assess the knowledge and attitude regarding prevention of lifestyle diseases among adult population in selected area of south Gujarat. In this study descriptive survey

design was used with the sample size of 60 college students at selected college by using simple random technique and selection of college was done by using purposive sampling technique at south Gujarat the data was collected by using structure knowledge and attitude questionnaire. Data was analysed and interpreted by using descriptive and inferential statistics. College student had was 38 percentage, found moderate knowledge and 10 percentage, found adequate knowledge but 51.66 percentage of college student were not aware about prevention of lifestyle diseases. College student had over all moderate knowledge 38 percentage regarding prevention of lifestyle diseases. There was no significant association between knowledge and attitude selected demographic variable such as age, gender, parent income, living arrangement, types of family, and source of information.

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