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"A STUDY TO ASSESS THE EFFECTIVENESS OF INFORMATION BOOKLET ON KNOWLEDGE REGARDING "PREVENTION OF VARICOSE VEIN''AMONG THE TRAFFIC POLICE WORKING IN KANPUR, UTTARPRADESH."

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ABSTRACT

Varicose Vein can interfere with a Traffic Police ability to perform in police line andcapacitytodevelopandmaintainsocial'peer'relationships.VaricoseVeincanincreasea blood pressure inside your veins. Varicose Vein can cause Ulcers (open sores)bleeding and skin discoloration if left untreated. A study to assess the Effectiveness of Informational Booklet on knowledge regarding Varicose Vein among Traffic police atselectedTrafficpoliceinKanpurU.P.TheresearchstudyconductedinRamaUniversity. The sample were selected by using Non-probability convenience sampling technique. The sample size was 60. The validity and reliability of tools was established. The data was collected by using self-structured knowledge questionnaire. The result of the study showed that the pre-test knowledge score 01(1.6%) had inadequate knowledge, 41(68.3%) had moderate knowledge, 18(30%) had adequate knowledge and the post-test knowledge score 0(0.00%) had inadequate, 01(1.66%) had moderateknowledge,59(98.3%)had Adequate knowledge. The post-test mean score (16.18) was high when compare to the pre-test mean score (11.65). the obtained "t" value13.47wasgreater than the value of d f 59 which was p<0.05 level of significant differences between pre-test and post-test of level of knowledge hence the formulated research hypothesis H1 was accepted. The test revealed that there was no significance association of knowledge with selected socio-demographic variables such as source of information, Married. there was significant with association with age, gender, religion, Education and previous knowledge were found non-significant at <0.005 level of significance. The study concluded that the Informational Booklet was effective and improved knowledge regarding Varicosevein among Traffic police.

Keywords: ***Varicosevein*****,** ***Informational Booklet*****,** ***Trafficpolice*****,** ***Effectiveness*****,** ***Knowledge*****,** ***Assumption*****.**

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INTRODUCTION

Incompetent venous valves that are abnormally dilated and tortuous cause varicose veins (VV). Typically, this condition manifests in the lower extremities, particularly in the saphenous veins. Varicose veins might present as a mere cosmetic concern or lead to cramping pain on the affected side and mobility issues in the lower extremities. Risk factors such as prolonged standing, aging, smoking, being overweight, lifting heavy objects, and pregnancy in females elevate the likelihood of developing varicose veins.

Straining during bowel movements, inadequate fibre intake, genetic weakness in vein walls, advancing age, and menopause all contribute to the risk of developing varicose veins. To prevent this, it's important to elevate the legs above heart level for a few minutes several times a day, engage in daily walks to strengthen calf muscles and alleviate symptoms, maintain a healthy body weight through proper nutrition, keep the legs moving, flex the ankles periodically while seated to promote blood circulation, and wear compression stockings to provide support and assist the valves in pumping blood out of the legs.

The prevalence of varicose veins in population studies ranges from 2% to over 20%, and this wide range is due to differences in assessment and examination techniques, the populations being studied, and the definitions being used. Studies in the West have indicated that around 20% of the population there suffer from varicose veins, while in India, the prevalence is around 5%. India's lower prevalence compared to the West is attributed to many patients not seeking hospital treatment unless they experience complications such as pain, swelling, and ulceration. The diagnosis of varicose veins still represents a significant unmet need, both in the UK according to the National Health Service waiting lists, and similarly in India. In developing countries like India, the assessment and treatment of varicose veins have been challenging, but with advances in medical sciences, the use of ultrasound for diagnosing venous diseases has become more feasible.

NEED OF THE STUDY

Traffic police officers often endure extended periods of standing or sitting in the same position, which can result in poor circulation in the legs. This, in turn, can elevate the likelihood of developing varicose veins. Varicose veins can cause discomfort, pain, and swelling in the legs, significantly impacting an individual's quality of life. Recognizing the persistence and risk factors of varicose veins in traffic police can aid in implementing preventive measures and offering suitable healthcare to enhance their well-being.

Untreated varicose veins can result in reduced efficiency and increased absences from work due to pain and discomfort. Analysing varicose veins in traffic police can lead to implementing measures to minimize their impact on job performance. Varicose veins can sometimes result in more severe health issues such as blood clots or venous ulcers. Identifying and managing varicose veins in traffic police can help prevent these complications, ensuring the officers' safety during their duties. Addressing varicose veins early may be more cost-effective than treating complications that arise later.

Understanding the prevalence and risk factors allows for the implementation of appropriate interventions to reduce healthcare costs associated with complications related to varicose veins. Taking care of the health and well-being of traffic police officers has a positive impact on the organization and could improve its public image. It shows a dedication to the welfare of its employees and might bolster public trust and confidence in the police force. Overall, researching varicose veins in traffic police is crucial for promoting the health, safety, and productivity of these officers, as well as for improving healthcare resources and enhancing organizational recognition.

PROBLEM STATEMENT:

"A Study to assess the effectiveness of information booklet on knowledge regarding "prevention of Varicose Vein" among the traffic police working in Kanpur, Uttar Pradesh.

OBJECTIVES OF THE STUDY:

1. To assess the pre-test level of knowledge regarding prevention of varicose veins among the Traffic police.

2. To evaluate the effectiveness of information booklet on knowledge regarding prevention of varicose veins among the Traffic police working in Kanpur, U.P.

3. To find out the association between the pre-test level of knowledge regarding prevention of varicose veins among the traffic police with their selected demographic variables.

HYPOTHESIS:

Hypothesis was tested at 0.05 level of significance.

- **H_{01}:** There is no significant difference between the pre-test and post-test level of knowledge regarding "prevention of Varicose Vein" among the traffic police working inKanpur.
- **H_{02}:** There is no significant association between the pre-test level of knowledge regarding with their "prevention of Varicose Vein" among the traffic policeselected demographic variables.
- **H_1:** There is a significant difference between the pre-test and post-test level of knowledge regarding "prevention of Varicose Vein" among the traffic police working inKanpur.
- **H_2:** There is significant association between the pre-test level of knowledge regarding "prevention of Varicose Vein" among the traffic policewith their selected demographic variables.

METHODS AND MATERIALS:

RESEARCH APPROACH-

The Research approach used for the present study was **Quantitative evaluative research approach**.

RESEARCH DESIGN-

The research design used in this study was **Quasi-experimental, One group pre-test post-test research design**.

VARIABLES-

Independent Variable: In the present study, Information booklet on level of knowledge regarding planned teaching Programmed regarding prevention of varicose vein.

Dependent Variable: In the present study ,dependent variables is levels of Knowledge scores about prevention of Varicose Vein.

Socio-demographic Variables: In this present study demographic variables were Age in years, Gender, Religion, Education, Marriage ,previous knowledge, Source of information.

POPULATION-

The population of the present study consists traffic police working in Kanpur**.**

TARGET POPULATION-

The Target population for the present study was Traffic police attending police line Kanpur U.P.

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ACCESSIBLE POPULATION-

Accessible population of present studyconsisted of includes Traffic police in Kanpur ,U.P. who are available at the time of data collection.

SAMPLE-

In this study, the samples were the nursing aspirants who fulfilled sampling criteria for the present study.

SAMPLW SIZE-

The sample size of this study was 60nursing aspirants.

SAMPLING TECHNIQUE-

In this study ,**Non-probability Convenience Sampling Technique** was used to select the sample.

INCLUSION CRITERIA-

1) Traffic Police working in Kanpur,UP.
2) Able to read and write Hindi or English.

EXCLUSION CRITERIA-

1) Traffic Police are on leave or not available during data collection.
2) Who attended any educational programme regarding varicosevein?
3) TrafficPolicewhohavebeendiagnosedandundergoingtreatmentforvaricosevein.
4) Traffic Police working in another city.
5) Traffic police, Women traffic police, Military personnelare excluding.

METHODS OF DATA COLLECTION:

- Self-structured questionnaire was used to assess the level of knowledge regarding "prevention of Varicose Vein" among the traffic police working in Kanpur.

DEVELOPMENT AND DESCRIPTION OF TOOLS-

A tool was developed to selected nursing colleges in Kanpur, UP as well planned questionnaire was used to collect data from the Traffic police working in Kanpur U.P.

The tool consists of 2 sections:

SECTION A: Socio-demographic variables

SECTION B: Self-structured t o assess the knowledge on prevention of varicose veins.

RESULT AND FINDINGS:

Section A:

Frequency and percentage wise distribution of demographic variables.

The major findings of the study were as follows:-

1. Majority of traffic police 27 (45%) were in the age group of 41- 50 years.
2. Majority of traffic police57 (95%) were male.
3. Majority of traffic police 35 (58.3%) were Education.
4. Majority of traffic police 56 (93.3%) were Married.
5. Majority of traffic police 57 (95%) were Hinduism.
6. Majority of traffic police 44 (73.3%) don't have any previous knowledge.
7. Majority of traffic police 07 (43.75%) were communication Media.

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Section B:

Distribution of pre-test and post-test level of knowledge regarding varicosevein.

n=60

S. No.	Level of knowledge	Pre-test		Post-test	
		F	%	F	%
1.	Inadequate knowledge (0-9)	01	1.6%	00	00%
2.	Moderate knowledge (10-14)	41	68.3%	01	1.66%
3.	Adequate knowledge (16-20)	18	30%	59	98.3%
	Total	**60**	**100%**	**60**	**100%**

Section C:

Comparison of Pre-test and Post-test level of knowledge regarding varicose vein Among traffic police.

n=60

S. No.	Level of knowledge	Mean	Mean difference	Mean percentage	Standard deviation
1.	Pre-test	11.65		19.26%	2.454
			4.53		
2.	Post-test	16.18		26.96%	1.243

Section D:

Effectiveness of informational on knowledge regarding varicose vein among traffic police.
Mean, mean-difference, standard deviation, paired "t" test of structured questionnaire.
n=60

S. No.	Level of knowledge	Mean	Mean difference	S.D.	't' value	Table value
1.	Pre-test	11.65		2.454		**2.00** at the 0.05 level of significance
			4.53		**13.47**	
2.	Post-test	16.18		1.243		

Section E:

Association between the level of Pre-test knowledge score with the selected demographic variables of traffic police.

The table shows the association between pre-test knowledge score with selected demographic variables like Age in years, Gender, Education, marriage, Religion, Previous knowledge, Source of information. Here, calculated value of chi square was less than table value at 0.05 level of significance. So, there were significant association with married, and source of information but there was no significance with other selected socio-demographic variables. Hence**, positive hypothesis (H2) was accepted and Null hypothesis (H02) was rejected**.

CONCLUSION:

Based on the findings of the study, the following conclusions were drawn:

1. Traffic police did not have good knowledge regarding varicose vein and its prevention.
2. Information Booklet was very effective in improving the knowledge regarding varicose vein and its prevention.
3. There was no significant association between knowledge about varicose vein and socio-demographic variables like age, Gender, religion, married, education, previous knowledge, Source of information.
4. There was significant association between duration of duty and knowledge score.

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