



**Assess the Knowledge Regarding Cataract among Middle Adulthood in Selected Community Area Nadathara Gramma Panjayath Thrissur, With a View to Prepare an Information Booklet**

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## ABSTRACT

The present study is aimed at assessing the knowledge regarding the cataract among middle adulthood in selected community area Nadathara grama panchayath, Thrissur with a view to prepare an information booklet. The objective of the study were 1)to assess the knowledge of middle adulthood population regarding cataract 2)to find out the association between knowledge of cataract among middle adulthood with their selected demographic variables 3)to prepare an information booklet regarding cataract. The design used in this study was non experimental descriptive design. A total of 100 middle adulthood were selected using non probability purposive sampling. The data was collected using structured questionnaire. The tool was administered among 100 samples and assessed the knowledge regarding cataract in the community area. The finding revealed that 33% with excellent knowledge, 62% with moderate knowledge and 5% with poor knowledge. There is a significant association between the knowledge on cataract with selected demographic variables such as education, occupation and type of family. After the assessment of knowledge, information booklet distributed to the samples.

## KEYWORDS

*Knowledge; Middle Adulthood; Cataract; Information Booklet*

## INTRODUCTION

### Need for the study.

**“It is a terrible thing to see and have no vision”**

**[Helen Keller]**

The cataract is basically when the natural lens becomes cloudy can no longer focus light properly. Instead, it tends to scatter light, leading to the blurry vision that often people complaint with cataract. Eye problems are always scary. The eyes are a delicate organ and problems with vision can affect life in a dramatic way. According to who the incidence rate of the world in 2015 is approximately 285 million people are worldwide are visually impaired, with 39 million blind and 246 million with low vision due to cataract. Cataract remains leading cause of

blindness globally, followed by glaucoma and age related macular degeneration as a secondary cause.<sup>1</sup>

A cataract is opacity within the crystalline lens. The patient may have a cataract in one or both eyes. If present in both eyes, one cataract may affect the patient’s vision more than the others. Cataract is the third leading cause of preventable blindness and most common cause of self declared visual disability in the United States. Approximately 50% of Americans between ages 65 and 74 years have some degree of cataract formation, and for those older than 75yrs, the incidence increases to approximately 70%. Congenital cataract is relatively common, occurring in 1 of every 250 newborns. Cataract develops 5 to 10 million people worldwide every year.



Complications that sometimes occur include leakage of vitreous humor, hemorrhage in to the eye.<sup>2</sup>

In Kerala cataract are responsible for over 51% of blindness .cataract causes moderate to severe disability in population. Most of the information on cataract is hospital-based which does not reflect the true picture in a community. In India, community based studies pertaining to cataract especially in rural area<sup>3</sup>.

Cataract affects all of us eventually, although the age at which we become aware of this varies significantly from one person to the next. Cataract is a Multi factorial disease associated with age, gender, genetic predisposition, smoking, diabetes mellitus, drug intake, environmental exposure, and UV radiation. Previous reviews were focused on one of the aspect of cataract epidemiology, such as common risk factors, cost- effectiveness of different treatment approaches. According to the national eye institute, between 1.5 and 3 million patient undergo cataract surgery annually in the US alone. One of the most remarkable things about cataracts is that they can be removed. The majority of patient, who has visual disability resulting from their cataract, can have them removed and replaced with a new intraocular lens to restore vision, regardless of their age.<sup>4</sup>

so researcher being in nursing profession felt the need to prepare an information booklet regarding knowledge on cataract. Hence, in this context the present study has been conducted to assess the prevalence of cataract and the factors associated to the incidence of cataract in the rural community area<sup>4</sup>.

## STATEMENT OF THE PROBLEM

“A study to assess the knowledge regarding cataract among middle adulthood in a selected community area Nadathara Grama Panchayath Thrissur, with a view to prepare an information booklet”

## OBJECTIVES

- To assess the knowledge of middle adulthood population regarding cataract.
- To find out the association between knowledge of cataract and selected demographic variable
- To prepare an information booklet regarding knowledge on cataract.

## METHODOLOGY

The methodology adopted by the investigator to assess the knowledge regarding the cataract among middle adulthood in selected community area Nadathara Grama Panchayath Thrissur,



with a view to prepare an information booklet .

### **Research approach**

The research approach of this study was non experimental, quantitative approach.

### **Research design**

The research design of the present study was non experimental descriptive survey design.

### **Setting of the study**

Setting is the physical location for conducting research, can be natural, practically controlled, or highly controlled. The study was conducted at Pattalakkunnu, Nadathara Grama Panchayath, Thrissur.

### **Population of the study**

The present study, all the middle adulthood populations belong to Thrissur district considered as the target population. In this study, the accessible population was comprised of middle adulthood population (45-65 years) in Pattalakunnu ,Nadathara Grama Panchayath, Thrissur.

### **Sample size of the study**

Sample is a subset of population selected to participate the research study. sample size of the study consist of 100 middle adulthood population in Nadathara Grama Panchayath, Thrissur.

### **Sampling technique**

In the present study, samples were selected by nonprobability purposive sampling technique.

### **Procedure for data collection**

A formal written permission was taken from Nadathara Grama Panchayath, Thrissur in order to proceed for the data collection. First the investigators collected list of community people based on inclusion criteria. The investigator established a good rapport with them and explains the purpose of study and requested their full co-operation by getting their consent. The investigator collected data from 100 samples by distributing the questionnaire. After data collection the investigators distributed the prepared information booklet to the samples and cleared their doubts..

### **Plan for data analysis-**

The collected data analyzed by using descriptive statistics such as frequency, percentage, mean, inferential statistics like chi square.

- The data on demographic variables was analyzed by using frequency and percentage distribution.
- The data on knowledge of samples was analyzed by the scoring technique.
- The association between knowledge score of samples and selected demographic variables was analyzed by using chi- square test.

### **Data analysis and interpretation**

This chapter deals with analysis and interpretation of data collected from 100



samples in selected community area. The data was organized, tabulated, analyzed

and interpreted as following according to objective of the study.

**Table 1** Frequency and percentage distribution of demographic variable

N=100

Sl no	variables	Frequency(f)	Percentage (%)
<b>1</b>	<b>age</b>		
	45 -50 years	34	34%
	51-55 years	14	14%
	56-60years	25	25%
	61-65years	27	27%
<b>2</b>	<b>Gender</b>		
	male	33	33%
	female	67	67%
<b>3</b>	<b>Religion</b>		
	Hindu	54	54%
	Christian	32	32%
	Muslim	14	14%
<b>4</b>	<b>Marital status</b>		
	Unmarried	13	13%
	Married	75	75%
	Divorced	4	4%
	Widow	8	8%
<b>5</b>	<b>Type of family</b>		
	Nuclear family	73	73%
	Joint family	27	27%
<b>6</b>	<b>Educational status</b>		
	Illiterates	22	22%
	lower primary	42	42%
	Upper primary	17	17%
	Higher secondary	16	16%
	Diploma	3	3%
<b>7</b>	<b>Occupation status</b>		
	Coolie workers	29	29%
	House wife	52	52%
	Private employees	12	12%
	Business	7	7%
<b>8</b>	<b>Monthly income</b>		
	<Rs1500/-	30	30%
	Rs 1501-2000/-	35	35%
	Rs 2001-2500/-	20	20%
	>Rs 2501/-	15	15%
<b>9</b>	<b>Source of information</b>		
	Family members	27	27%
	Health workers	23	23%
	Media	37	37%
	others	13	13%

**Table 2** Association between levels of knowledge on cataract with selected demographic variable

	Inadequate knowledge	Adequate knowledge	$\chi^2$	df
<b>Age</b>				
45-50yrs	12	24		
51-55yrs	1	12		6
56-60yrs	10	13	7.625	Tv
61-65yrs	11	17		(12.59)
<b>Gender</b>				



Female	22	45	3.734	2
Male	11	22		Tv
<b>Educational status</b>				(5.99)
Illiterate				
Lp				
Up	13	9		8
Hs	10	31	97.31*	Tv
Diploma	3	14		(15.51)
	5	11		
<b>Type of family</b>	3	-		
Nuclear family	26	46	99.7*	2
Joint family		19		Tv
	9			(5.99)

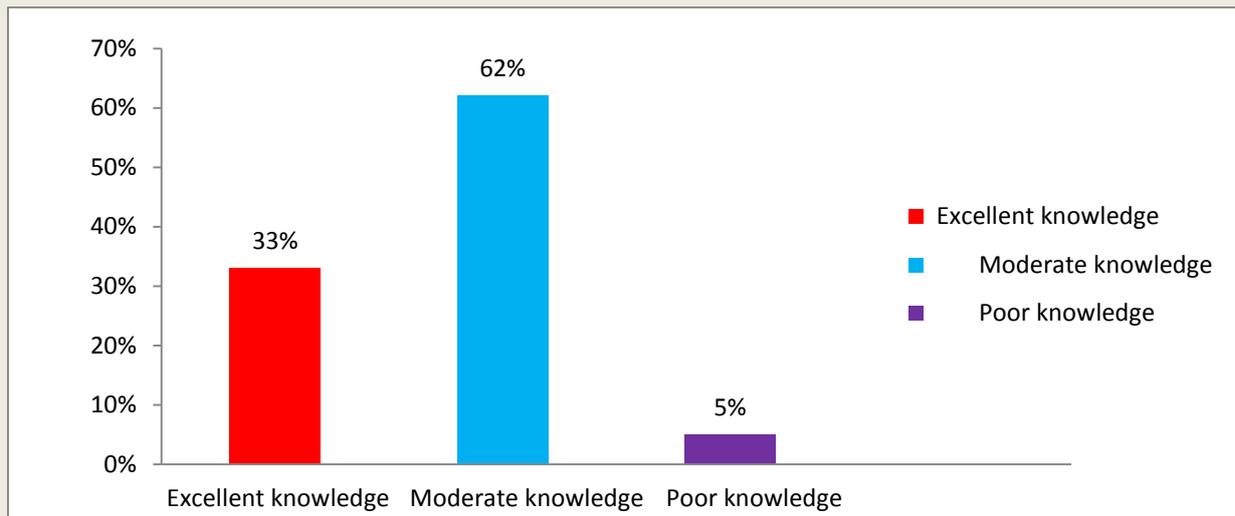
**\*significant at 0.05 level**

- Regarding age as the  $\chi^2$  value is less than the table value. There is no significant association between age and knowledge on cataract.
  - Regarding gender as the  $\chi^2$  value is less than table value. there is no significant association between gender and knowledge on cataract.
  - Regarding educational status as the  $\chi^2$  value is the more than the table value. There is significant association between educational status and knowledge on cataract.
  - Regarding type of family as the  $\chi^2$  value is more than table value there is significant association between type of family and knowledge on cataract.
- (note : \*s-significant at 0.05 level, \*\* ns – not significant at 0.05 level.)

**Table 3** Frequency and percentage distribution of knowledge score of middle adulthood regarding cataract  
N=10

Sl. No	Level of knowledge	Frequency	Percentage(%)
1	Excellent knowledge	33	33%
2	Moderate knowledge	62	62%
3	Poor knowledge	5	5%

Table (2) shows, out of 100 samples 33(33%) having excellent knowledge,62(62%) having moderate knowledge and 5(5%) having poor knowledge on cataract.



**Figure 1** Percentage distribution of knowledge score of middle adulthood regarding cataract

## RECOMMENDATIONS

On the basis of the study findings recommendation have been made for future study-

- A similar study can be under taken among the older population.
- A comparative study can be undertaken to assess the incidence of cataract among male and female.
- A study can be under taken to assess the effectiveness of information booklet regarding cataract.
- A similar study can be performed in hospital settings.
- A case study method can be taken to evaluate the treatment modalities and progress in patients with cataract.

## Summary

The study was undertaken with an aim to investigate level of knowledge among the middle adult hood population in a community area. Cataract is an old age

problem caused by the several etiological factors. So the objective of study was to assess the knowledge of middle adulthood population regarding cataract. The study was conducted among 100 samples of the middle adulthood population in the community area. Information booklets are given to population to improve their knowledge regarding cataract.

## Major findings

The study shows, out of 100 samples

- 33% were having excellent knowledge
- 62% were having moderate knowledge
- 5% were having poor knowledge
- There is significant association between knowledge on cataract and type of family occupational status, educational status.
- There is no significant association between knowledge on cataract and age, gender.



## CONCLUSION

In many research findings says that cataract mostly affected in an aging population and to improve the knowledge of community people regarding cataract and prevention of cataract.

Study reveals that, out of 100 samples 33% is having excellent knowledge, 62% having moderate knowledge and 5% having poor knowledge regarding cataract. The information booklet provided to them will help to improve their knowledge regarding cataract.

In view to this concept the present study was helped us to assess the knowledge regarding cataract and its prevention. We could also prepare an information booklet to make samples aware of regarding cataract.



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