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“A Study to Assess the Visual Acuity Status and Effectiveness of Education Program on Healthy Lifestyle Practice (Hlsp) to Maintain Normal Vision Among Secondary School Going Students. Moradabad, Up.”

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Abstract

One of the most vital Organs is the eye. According to the findings, visual pathways account for 80% of the information or equivalent we obtain coming from the outside. The quality of life has been affected by vision loss. The most frequent clinical assessment of vision is quite rudimentary and restricted, yet it is extremely essential to everyone. Method: The study was conducted in selected school of Moradabad, Uttar Pradesh. The sample consisted of 80 school going students. Data was collected using purposive Sampling technique. Pre-test was given using structured Knowledge Questionnaire and Assess visual acuity status with Snellen chart. Result: Reveals the comparison of overall pre test and post test Mean Knowledge on regarding healthy life style practice to maintain normal vision among students. Knowledge of the mean of the pre-test was 37.1% where the mean knowledge of posttest was 81.25% respectively. The statistical paired 't' test resulted in a result of 25.286*, which shows a substantial improvement in knowledge score from the pretest to the post-test at a level of significance of $p > .005$, showing the efficacy of a systematic training programmed regarding the practice of a healthy lifestyle to retain normal eyesight in the post test.

1. Introduction

One of the most vital Organs is the eye. According to the findings, visual pathways account for 80% of the information or equivalent we obtain coming from the outside. The quality of life has been affected by vision loss. The most frequent clinical assessment of vision is quite rudimentary and restricted, yet it is extremely essential to everyone.

Visual acuity is the most common assessment for the visual function test the test may be rapidly performed using simple equipment. The expression used to describe the "spatial resolving capacity" of the eye. Theoretically, it evaluates macular function, but in practice, it in fact reflects the overall health of the

ocular system, which also includes the visual pathways. Visual acuity is measured in real life using specialized eye Snellen chart. On Snellen charts, uppercase letters frequently appear in rows, with the largest size characters at the top and gradually smaller size ones down. Your vision will tell you how well your eyesight. Eye care professionals use a variety of tests to measure a person's acuity by determining how sharp or clear their vision is at a distance of 20 feet. Eye specialists start by evaluating a patient's acuity since it provides a baseline assessment of their eyesight.

The visual acuity test is an essential part of an eye exam or general physical examination, particularly if there has been any change in vision or an issue with

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vision. The purpose of this exam is to check for problems with vision in children. It is possible to treat or fix vision issues in young children. Vision loss may result from vision problems that have not been detected or discussed. There are alternative ways to test a person's eyesight, especially if they are extremely young or do not recognize the difference between letters and numbers.

OBJECTIVES OF THE STUDY

1. To assess the visual acuity status of secondary school going students.
2. To assess the knowledge on healthy life style practices (HLSP) to maintain normal vision among school going students.
3. To develop a educational program on healthy life style practices (HLSP) to maintain normal vision
4. To evaluate the effectiveness of educational program on Healthy life style practices (HLSP) to maintain normal vision by comparing the pre-test and post-test knowledge score of secondary school going students.
5. To find out the association between level of knowledge on healthy life style practice (HLSP) to maintain normal vision among secondary school going students with their selected demographic variable.

ASSUMPTIONS

The investigator assumed that

1. The student may have risk of visionary problem and healthy life style practice to maintain the normal vision.
2. Healthy life style practices programme will have effect in improving the visual acuity status among the secondary school going students.

HYPOTHESIS

Hypotheses were tested at 0.05 level of significance

H1: There is significant difference in the mean pre-test and mean post-test knowledge score of secondary School going Students.

H2: There is significant association between level of knowledge on healthy life style practice to maintain normal vision among Secondary School going Students with their selected Demographic variable.

2. Materials and Methods of the Study

RESEARCH APPROACH - Quantitative research approach

RESEARCH DESIGN - Quasi experimental research design (one group pre-test Post-test- Group Design)

VARIABLES

Dependent Variables - In this study dependent variable are Knowledge.

Independent Variable – In this study independent variable are education program on Healthy life style practice (HLSP).

Socio Demographic variable- In this study socio demographic variable are Age, education status, family income, religion, dietary pattern, how do you use of digital device.

SAMPLE: Secondary school going students of selected secondary schools of Moradabad, U.P.

SAMPLING TECHNIQUE: Purposive sampling technique will be used to select the sample for the study.

SAMPLE SELECTION CRITERIA

Inclusion Criteria

Students who are:

1. Can read and understand English and/or Hindi.
2. Who are students of secondary school?

Exclusion Criteria

1. Not available during data collection.
2. The Students who are having visual impairment.

DESCRIPTION OF THE TOOL

Tool 1 – Demographic Performa.

Tool 2- Self structured questionnaire.

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3. Result

PRESENTATION OF DATA:

□ Following are the sections in which the data has been divided and

presented:

Section A: Description of the Socio demographic variables.

Section B: To assess the visual acuity status of secondary school going students.

Section C: Findings related to knowledge on healthy life style practices (HLPS) to maintain normal vision among school going students.

Section D: Finding related to the effectiveness of educational program on Healthy life style practices (HLPS) to maintain normal vision by comparing the pre-test and posttest knowledge score of secondary school going students.

Section E: Finding related to the association between level of knowledge on healthy life style practice (HLPS) to maintain normal vision among secondary school going students with their selected demographic variable.

SECTION 1

Table 1: Distribution of the socio-demographic variables with frequency and percentage n=80

Sr. No.	DEMOGRAPHIC VARIABLES	CATEGORY	Frequency (f)	Percentage (%)
1	Age in years	11 to 13	18	22.50
		14 to 15	59	73.75
		16 to 17	3	03.75
2	Education status of Children	9 th	45	56.25
		10 th	35	43.75
3	Religion	Hindu	41	51.25
		Muslim	32	40
		Christian	5	6.25
		Others	2	2.50
4	Type of family	Nuclear	14	17.50
		Joint	31	38.75
		Extended	35	43.75
5	Dietary pattern	Vegetarian	58	72.50
		Non vegetarian	16	20.00

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		Egg tann	6	7.50
6	How often do you use these digital devices.	1 to 2 times /day	47	58.75
		3 to 4 times/Day	23	28.75
		4 to 5 times/day	6	7.50
		5 to 6 times /day	4	5.00

SECTION 2 – Section B:

TABLE 4.2: To assess the visual acuity status of secondary school going students. n:80

SR.NO	Criterion	Frequency	Percentage
1	Normal vision	78	97.5%
2	Impairment vision	02	2.5%

Majority of the sample(78) are having the normal visions (97.5%) and rather than (2) sample have impaired vision (2.5%).

SECTION 3 –

TABLE 4.3- Assessment of pre- post-test knowledge regarding healthy life style practice to maintain normal vision among secondary school going students. n=80

Sr. No	Criterion	Range score of	Pre test knowledge		Post test knowledge	
			Frequency	Percentage	Frequency	Percentage
1	Poor Knowledge	0 to 10	43	53.75	0	0
2	Average Knowledge	11 to 15	37	46.25	15	18.75

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3	Good Knowledge	16 to 20	0	0	65	81.25
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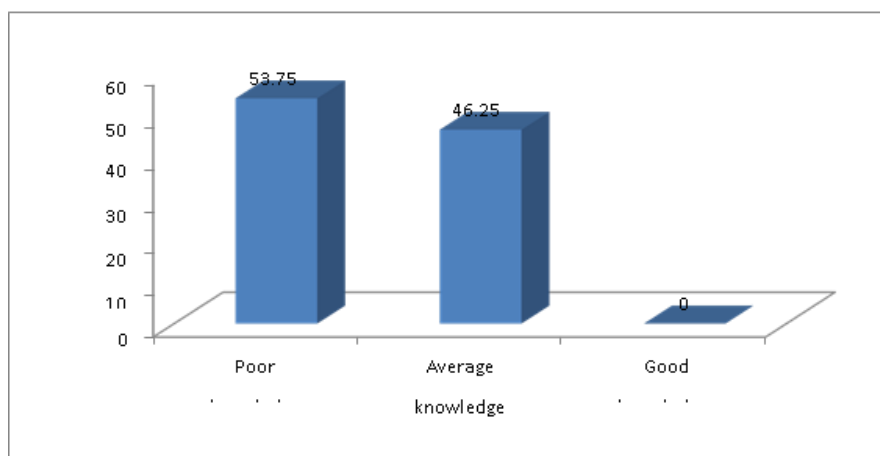


Table 4.3.1: Depicts the pre-test knowledge level of comprehension of maintaining a healthy lifestyle maintain normal vision among secondary school going students. The result shows that 53.75% of students had inadequate knowledge and 46.25% of

students had average knowledge level in the pre-test. Further, none of them had good knowledge on regarding healthy life style practice to maintain normal vision in the pre test.

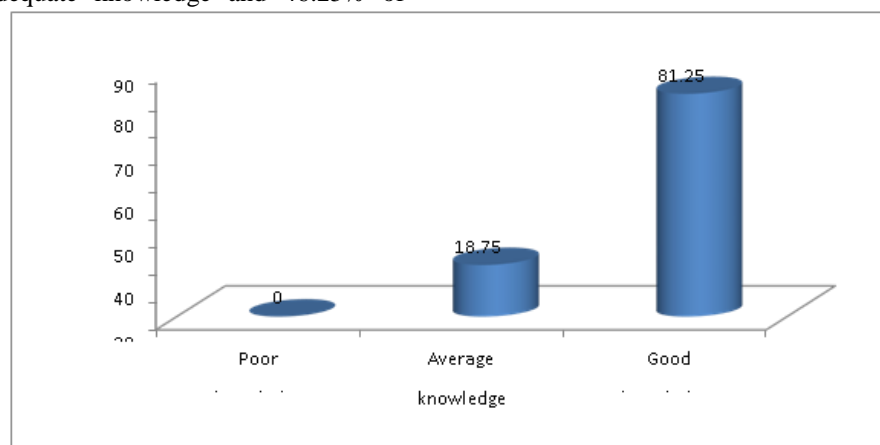


Table 4.3.2: Depicts the post-test knowledge level of comprehension healthy life style practice to maintain normal vision among secondary school going students. The result shows that 18.75% of the students had average knowledge and 81.25% of students had good knowledge level in post test. Further, none of them had poor knowledge on regarding healthy life style practice to maintain normal vision in the post test.

knowledge scores regarding healthy life style practice to maintain normal vision among secondary school going students

SECTION D

TABLE 4.4: Comparison between pre-post test of

Table 4.4: Reveals the comparison of overall pre test and post test Mean Knowledge on regarding healthy life style practice to maintain normal vision among students. Knowledge of the mean of the pre-test was 37.1% where the mean knowledge of post-test was 81.25% respectively. The statistical paired 't' test resulted in a result of 25.286*, which shows a substantial improvement in knowledge score from the pre-test to the post-test at a level of significance of p

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>.005, showing the efficacy of a systematic training programmed regarding the practice of a healthy

lifestyle to retain normal eyesight in the post test.

SECTION E

TABLE 4.5: Association between pre-test level of knowledge on healthy life style practice to maintain normal vision among secondary school going students with their selected demographic variable.

Sr. No.	Socio demographic Variables	Category	Knowledge level				Total	Chai squared value	df p Value
			Poor		Average				
			F	%	F	%			
1	Age in years	11 to 13	12	66.67	6	33.33	18	1.911	2 0.384 NS
		14 to 15	29	49.15	30	50.85	59		
		16 to 17	2	66.67	1	33.33	3		
2	Education status of children	9th	26	57.78	19	42.22	45	0.671	1 0.41 NS
		10th	17	48.57	18	51.43	35		
3	Religion	Hindu	24	58.54	17	41.46	41	3.087	3 0.378 NS
		Muslim	15	46.88	17	53.13	32		
		Christian	2	40.00	3	60.00	5		
		Others	2	100.00	0	0.00	2		
4	Type of family	Nuclear	8	57.14	6	42.86	14	0.126	2 0.939 NS
		Joint	16	51.61	15	48.39	31		
		Extended	19	54.29	16	45.71	35		
5	Dietary pattern	Vegetarian	35	60.34	23	39.66	58	4.307	2 0.116 NS
		Non vegetarian	5	31.25	11	68.75	16		
		Egg tarm	3	50.00	3	50.00	6		

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6	How often do you use these digital devices.	1 to 2 times /day	27	57.45	20	42.55	47	1.995	3 0.573 NS
		3 to 4 times /day	10	43.48	13	56.52	23		
		4 to 5 times /day	3	50.00	3	50.00	6		
		5 to 6 times /day	3	75.00	1	25.00	4		

Table 4.5: The obtained chi – square value for Age in year ($\chi^2 = 1.911^{NS}$, $p > 0.05$), education status of children ($\chi^2 = 0.671^{NS}$, $p > 0.05$), Religion ($\chi^2 = 3.087^{NS}$, $p > 0.05$), Type of family is constant, ($\chi^2 = 0.126$, $p > 0.05$), Dietary pattern ($\chi^2 = 4.307^{ns}$, $p > 0.05$), How often do you use these digital devices. ($\chi^2 = 1.995^{ns}$, $p > 0.05$), the obtained p value for these variables is more than the P value (0.05) which indicates that there is no significant association between level of knowledge on healthy life style practice to maintain normal vision among secondary school going students with their selected demographic variable.

4. Conclusion

The study finds that current levels of understanding related visual acuity status and effectiveness of education programme on healthy life style practices to maintain normal vision among secondary school going students. So the investigator prepared for an educational programme effectively with the help of A.V aids slides. The fundamental shift in knowledge among secondary school pupils is brought about through education. The researcher found that among secondary school pupils, the educational course increased their awareness of healthy lifestyle practices to keep normal vision.

Conflicts of Interest- The author claims to be free of any conflicts of interest.

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