A Study to Assess the Effectiveness of Self - Instructional Module on the Knowledge Regarding Physical and Psychological Impacts of Hysterectomy among Women

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Abstract: *Introduction: Hysterectomy is the surgical removal of the womb (uterus). It is one of the most common of all surgical procedures and can also involve the removal of the fallopian tubes, ovaries, cervix and part of the vagina to help a number of gynecological complaints. Objectives: To assess the existing knowledge regarding physical and psychological impact of hysterectomy among Women. To assess the effectiveness of self-instructional module on physical and psychological impact of hysterectomy among Women. To associate the knowledge score with selected demographic variables among Women. Methods and Materials: The study conducted in selected Hospital. Interventional Approach and one group Pre-test, Post-test research design was used. Sample size was 50. Inclusion criteria: Women who plan for hysterectomy, Women who can speak and read Marathi and Hindi. Exclusive criteria: Women who are not willing to participate, Women who are health care professional. In this study, the sampling technique used was non-probability convenient sampling. The reliability of questionnaire was done by Guttman Split Half Coefficient. Results: The knowledge scoreIn Pre-test 1(2%) of poor, 30(60%) of average, 19(38%) of good level of knowledge score, and no one had very good and excellent level of knowledge score. the mean score was 11.86 ± 2.983 with a mean percentage score of 39.53. In Post- test theno one had poor, average and good level of knowledge score and 25(50%) of them had very good, and 25(50%) of them had excellent level of knowledge score., the mean score was 24.30 ± 1.961 with a mean percentage score of 81.*

Keywords: Hysterectomy, effectiveness, Self- instructional Module, physical and Psychological impact, Women

1. Introduction

The uterus, also known as the womb, is an interesting and complex organ that's part of the reproductive structure of the female anatomy. This complex organ is quite small in size, actually comparable to the size of a pear. However, this pear-sized organ is responsible for what can arguably be the most important aspect of human life: continuity of the human species.[1]

A hysterectomy is a cutting out of or surgical removal of the uterus usually performed by a gynecologist. Hysterectomy may be total removing the body, fundus, and cervix of the uterus; often called complete or partial removal of the uterine body while leaving the cervix intact; also called supra cervical. It is the most commonly performed gynecological surgical procedure.[2]

Hysterectomy is a common surgery done to a large number of women belonging to women who belong to late reproductive age group. The removal of the uterus is suggested for a number of diseases and conditions. The major psychosocial problems reported in relation to hysterectomy and mainly belong to the domains of pain, sexuality and psychological wellbeing. It is necessary to access for negative psychosocial outcome. Hysterectomy disrupts the local nerve supply and anatomical relations of the pelvic organs.

Some research study suggests that the reasons for having a hysterectomy may include heavy bleeding (30%), fibroids (23%), and prolapse of the womb (20%).[3]

1.1 Problem statement

A study to assess the effectiveness of self-instructional module on the knowledge regarding physical and psychological impacts of hysterectomy among Women.

1.2 Objectives

1) To assess the existing knowledge regarding physical and psychological impact of hysterectomy among Women.
2) To assess the effectiveness of self-instructional module on physical and psychological impacts of hysterectomy among Women.
3) To associate the knowledge score with selected demographic variables among Women.

2. Methodology

a) **Research approach:** Interventional approach
b) **Research design:** The research design is One Group pretest posttest Design
c) **Setting of the study:** This study was conducted in hospital.
d) **Sample:** Women.
e) **Sampling technique:** Samples will be selected by Non-probability convenient sampling technique.
f) **Sample size:** Sample size for this study is 50.
g) **Tool:** Structured knowledge questionnaire including demographic variables and self-instructional module was used for the study.
h) **Dependent variable:** In this study dependent variable is knowledge of Women regarding physical and psychological impact of hysterectomy.

i) **Independent variable:** In this study independent variable is the self-instructional module on physical and psychological impact of hysterectomy.

3. Sampling Criteria

- **Inclusion criteria**
  - Women who plan for hysterectomy.
  - Women who can speak and read Marathi and Hindi.
- **Exclusive criteria**
  - Women who are not willing to participate.
  - Women whoare health care professional.

4. Result

The analysis and interpretation of the observations are given in the following section:

Section I- Percentage wise distribution of Women with regards to selected demographic variables.

Section II-
a) Assessment of pretest knowledge regarding physical and psychological impacts of hysterectomy among Women.
b) Assessment of posttest knowledge regarding physical and psychological impacts of hysterectomy among Women.

Section III- The effectiveness of self-instructional module on knowledge regarding physical and psychological impacts of hysterectomy among Women

Section IV- Association of knowledge score in relation to selected demographic variables.

Demographic variable	Frequency	Percentage (%)
Age(years)		
30-35	5	10
36-41	10	20
42-47	18	36
47 above	17	34
Residence		
Urban	24	48
Rural	26	52
Education of women		
Primary	15	30
Higher	24	48
Under graduate	9	18
Graduate and above	2	4
Occupation of women		
Private sector	4	8
Government sector	6	12
Daily wages	10	20
House wife	30	60
Monthly income		
Below 3000	0	0
3001-7000	11	22
7001-11000	31	62
Above 11001	8	16
No. of Children		
Nulliparous	2	4
1	6	12
2	24	48
Above 2	18	36

Indication of hysterectomy		
Fibroid uterus	12	24
Irregular menses	10	20
AUB	10	20
Ovarian cysts	11	22
Cervical cysts	2	4
Post-menopausal bleeding	4	8
Uterine cancer	1	2

- **Section I**- Percentage wise distribution of Women with regards to selected demographic variables.

Section II - The level of knowledge is divided under following heading of poor, average, good, very good and excellent.

Assessment of pretest knowledge regarding physical and psychological impacts of hysterectomy among Women.

| Level of knowledge score	Score range	Percentage score	Pre-Test	
			Frequency	%
Poor	0-6	0-20%	1	2%
Average	7-12	21-40%	30	60%
Good	13-18	41-60%	19	38%
Very good	19-24	61-80%	0	0%
Excellent	25-30	81-100%	0	0%
Min. score	6			
Max score	18			
Mean score	11.86 ± 2.983			
Mean %	39.53			
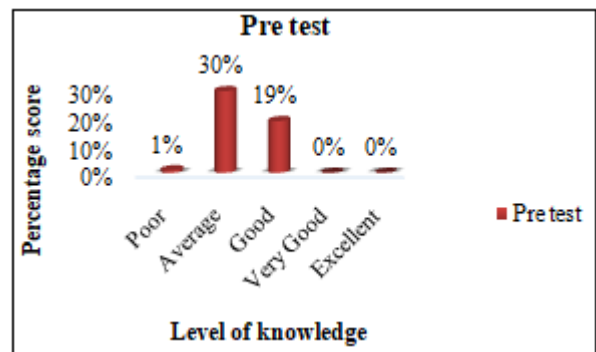
a) Assessment of posttest knowledge regarding physical and psychological impacts of hysterectomy among Women.

Level of knowledge score	Score range	% score	Post Test	
			Frequency	%
Poor	0-6	0-20%	0	0%
Average	7-12	21-40%	0	0%
Good	13-18	41-60%	0	0%
Very good	19-24	61-80%	25	50%
Excellent	25-30	81-100%	25	50%
Mini score	20			
Max. score	29			
Mean score	24.30 ± 1.961			
Mean %	81			
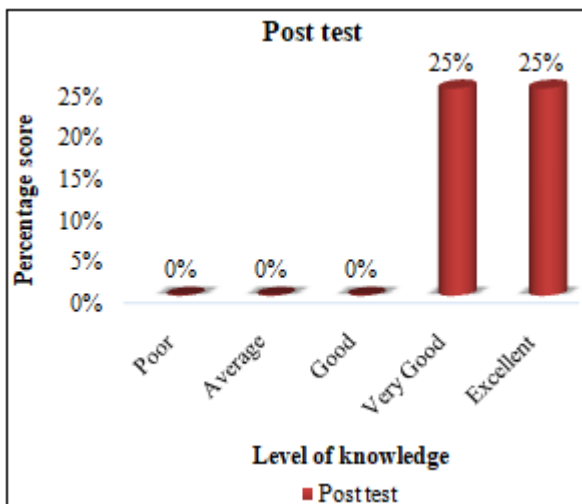
Section-III - Percentage wise distribution of effectiveness of self-instructional module on knowledge regarding physical and psychological impacts of hysterectomy among Women

Tests	Mean	SD	't'-value	Tabulated t- value	Degree of freedom	p-value	Significant
Pre Test	11.86	2.983	25.649	2.00	49	0.000	S, p<0.05
Post Test	24.30	1.961					
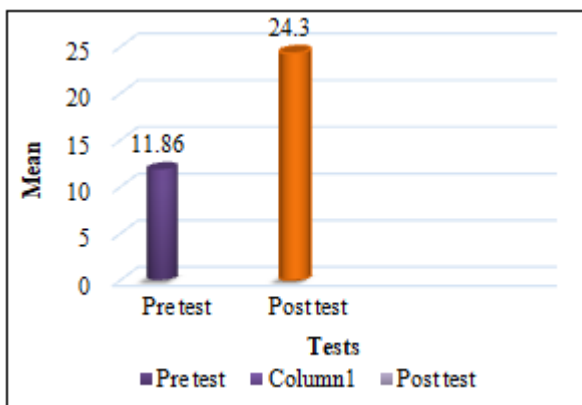
The calculated t-value is 25.649 and p-value is 0.000. Which is less than 0.05. Hence, it is statistically interpreted that the Self-Instructional Module on knowledge regarding physical and psychological impacts of hysterectomy among Women was effective. Thus, the H_1 is accepted and H_0 is rejected in this study.

Section-IV- Association of knowledge score in relation to selected demographic variables.

There were no associations of knowledge score in relation to age of Women, residential area, education of Women, occupation of Women, monthly family income, number of children to Women, and indication of hysterectomy.

5. Discussion

In the present study, 50 cases those who are planning for hysterectomy, age between 30 to above 47 age group are taken. In that 36 % sample belongs to 42- 47 year of age group, and also find out that hysterectomy was performed in those who have 2children, so according to these finding women aged between 42- 47 years and those who are having 2 children are more affect to cause hysterectomy.

In the similar study on Hysterectomy: clinical profile, indications and postoperative complications. In that they took 200 post operatives' cases In that they found that 50% sample belonged to 41-50 years of age. And also, in that study they found that Hysterectomy was predominantly performed in para two and Para three cases, so according to their result they conclude that Women aged between 41-50 years with multiparous status were commonly affected.[3]

6. Conclusion

The study was done to assess the knowledge regarding physical and psychological impact of hysterectomy among Women. The result of this study shows that 0(0%) of Women were having poor, average and good level of knowledge score, 25(50%) of Women were having very good level of knowledge score and 25(50%) of them had excellent level of knowledge score in the post test. To find the effectiveness of self-instructional module 't' test was applied and t value was calculated, post test score was significantly higher at 0.05 level than that of pretest score. Thus, it was concluded that self-instructional module on physical and psychological impact of hysterectomy was found effective as a teaching strategy.

7. Recommendation

Recommendations for further study based on the findings of the study the following recommendations could be made-
- To assess the effectiveness of planned teaching program on knowledge regarding physical and psychological impact of hysterectomy among Women.
- Comparative study can be conducted in urban and rural areas.
- Comparative study can be conducted on knowledge regarding physical impact and psychological impact of hysterectomy.
- A study to assess the knowledge regarding management of physical and psychological impact of hysterectomy among pre-operative Women.
- To assess the attitude and perception of hysterectomy among Women

References

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