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WEAVERS AT SELECTED VILLAGE, ANDHRA PRADESH**



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RESEARCH ARTICLE

**EFFECTIVENESS OF SELECTED NURSING INTERVENTIONS ON QUALITY OF LIFE
AMONG WEAVERS AT SELECTED VILLAGE, ANDHRA PRADESH**

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ABSTRACT

Introduction: The Quality of life is relatively recent in academic literature. It did not appear in the international encyclopedia of social sciences until 1968, and for what people are actually craving at present though they are well accommodated with quantified requirements.

Objective: To assess effectiveness of selected nursing interventions on Quality of life among weavers. **Methodology:** A Pre experimental one group pre test and post test design study was conducted at Mangalagiri village, Andhra Pradesh. The weavers who satisfied the inclusion criteria were selected by purposive sampling technique. Selected nursing interventions comprising of psycho education which includes protection to eyes, clean home environment, balanced diet, sleep, and problems related to alcohol and smoking and supporting relations. Demonstration on range of motion exercises, breathing exercises, guided imagery and positive thinking. Pamphlet includes all the topics covered in psycho education as reinforcement. The assessment was done by using modified WHOQOL – BREF scale. **Results:** The findings of the study revealed that the pretest mean quality of life score was 16.25 with the SD of 5.70 and the post test mean score was 31.66 with the SD of 5.72. The calculated 't' value, $t = 24.9$ highly significant at $p < 0.001$ level. **Conclusion:** The study findings revealed, after the selected nursing interventions there was a moderately significant improvement in Quality of life among weavers. Thus selected nursing interventions were effective in improving Quality of life of the weavers.

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INTRODUCTION

Weaving is a method of fabric production in which two distinct sets of yarns or threads are interlaced at right angles to form a fabric or cloth. The spinning wheel is a Nations second lung, next to agriculture told by Mahatma Gandhi. The movement of the wheel takes, only when it is in the hand of weaver. Hence, weaving is an important rural occupation in India. **Mariah Breitenberg (2013).**

India is a land of Unity in Diversity and this statement holds true in each and every aspect, right from the food, to 6147 dialects, to the festivals, to clothing we have unlimited variety and diversity. Every part of our country has got its unique style of weaving, printing and dyeing. And each of these varieties is artistic and elegant in their own right.

The Quality of life is defined as an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns. It is a broad ranging concept affected in a complex way by the person's physical health, psychological state, personal beliefs, social

relationships and their relationship to salient features of their environment. **World Health Organization (WHO 2010)**

Need For the Study

The Quality of life is the degree to which a person enjoys the important possibilities of his or her life. The quality of life model is based on the categories being, belonging and becoming, respectively who one is, how one is not connected to ones environment, and whether one achieves ones personal goals, hopes and aspirations. Each human life moves step by step by fulfilling needs which is categorized as basic physical, safety and security, love and belonging, self esteem and actualization told by Maslow for which people chose different occupation to climb ladder and make life Qualitative by achieving quantity of needs. Physical, psychological, social and environmental domains are interlinked with each other in such a way when one domain is affected that influence all other domains that are important for maintenance of quality of life.

Domestic weavers are working for 8 – 12 hours for which the pay is 300 rupees per week, which is very less to meet basic needs and major triggering factor that results psychological

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problems like depression, stress, and anxiety further becoming a cause of suicide and physical problems like respiratory, musculoskeletal, visual disturbances and tuberculosis, poor environmental hygiene.

Objectives

1. To assess the pre and post test level of Quality of life among weavers.
2. To assess the effectiveness of selected nursing interventions on level of Quality of life among weavers.
3. To associate the selected demographic variables with mean differed level of Quality of life among weavers.

Null Hypotheses

NH1: There is no significant difference between the pre and post test level of Quality of life among weavers at $p < 0.05$.

NH2: There is no significant association between the mean differed level of Quality of life among weavers with their selected demographic variables at $p < 0.05$.

METHODOLOGY

Research Approach: A Quantitative Research Approach was adopted

Research Design: pre experimental one group pre test and post test design was used for the study.

Setting: The study is conducted in Mangalagiri village, Andhra Pradesh. The village had 280 weaving families with 318 weavers.

Population: The study population comprises of all weavers.

Sample : Sample for the present study include the weavers who full fill the inclusion criteria.

Sample Size: The sample size for the present study was 60 weavers from Mangalagiri village

Sampling Technique: Non probability purposive sampling technique was adopted

Criteria for Sample Selection

Inclusion Criteria

- Weavers living in Mangalagiri village.
- Weavers who are able to understand and read Telugu.
- Weavers who are more than 18 years old.

Exclusion Criteria

- Weavers who were not willing to participate in the study.
- Weavers those who exposed to the training programme for improving the Quality of life.

Description of the Tool

The tool was developed with the help of related literature from various text books, journals, website, discussions and guidance from experts.

The tool consists of two sections

Section-I Deals with demographic data include age, education, gender, marital status, type of family, number of working hours, health concern, number of children in the family, number of family members, number of weavers in the family, income of individual, total income of the family, habits, money spend for alcohol smoking and other substance use.

Section B: Modified World Health Organization Quality Of Life – BREF scale

Plan for Data Analysis

The data will be analyzed by using descriptive and inferential statistics.

Descriptive statistics

- Frequency and percentage distribution will be used to analyze the demographic variables of weavers.
- Mean and standard deviation will be used for assessing the pre and post test level among the weavers.

Inferential statistics

- Paired ‘t’ test will be used to assess the pre and post test level of Quality of life among weavers.
- One way ANOVA test will be used to associate the mean differed level of Quality of among weavers.

RESULTS AND DISCUSSION

The data was organized, tabulated, analyzed and interpreted by using descriptive and inferential statistics based on the objectives of the study. The findings were presented in the following sections.

The analysis of the data was mainly classified as

- Section I:** Description of demographic variables of weavers.
- Section II:** Assessment of pre-test and post- test level of Quality of life among weavers.
- Section III:** Comparison of pre and post test level of Quality of life among weavers.
- Section IV** Association between the selected demographic variables with their mean differed score on level of Quality of life among weavers.

Section I description of the demographic variables of Weavers

Table 1 Frequency and percentage distribution of weavers based on Age (N=60)

Age in years	frequency	Percentage
18-27	1	1.66
28-37	24	40
38-47	31	51.68
48-57	3	5
>57	1	1.66
Total	60	100

With regard to age, 1(1.66%) belongs to 18-27 yrs,24(40%) belongs to 28-37yrs,31(51.68%) belongs to 38-47 yrs, 3(5%) belongs to 48-57 yrs,1(1.66%) belongs to >57

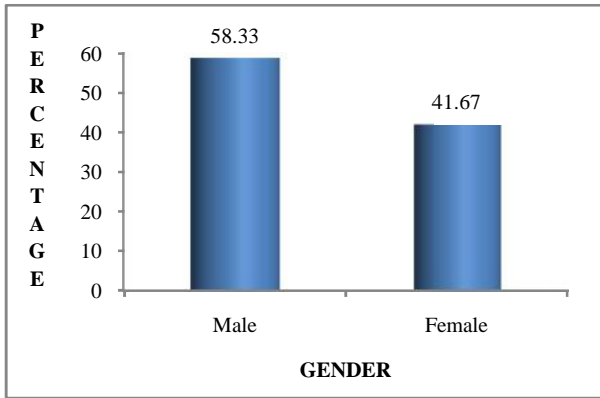


Fig 1 percentage distribution of weavers based on gender

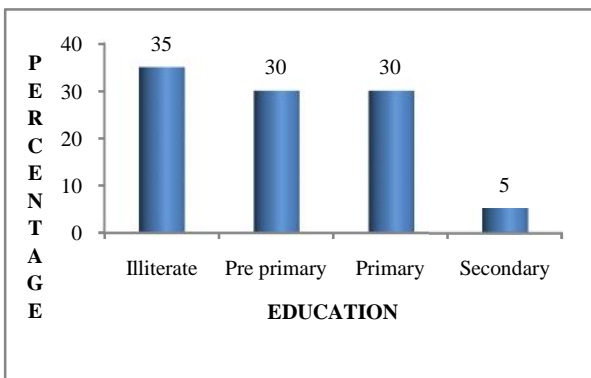


Fig 2 percentage distribution of weavers based on Education

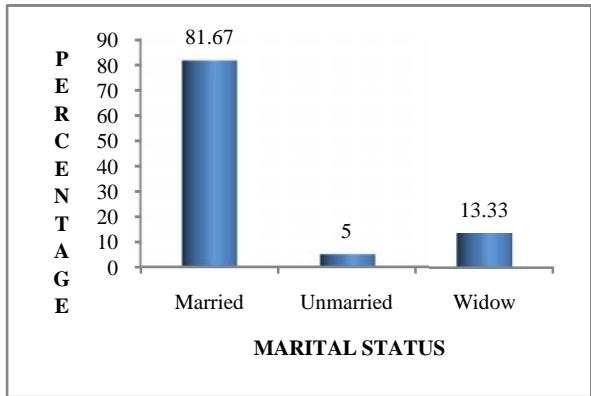


Fig 3 percentage distribution of weavers based on Marital status

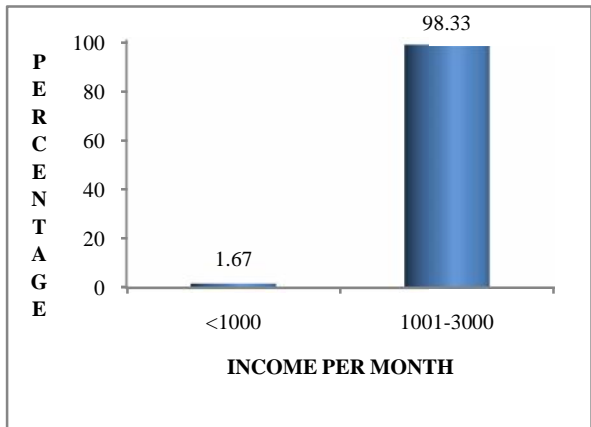


Fig 4 percentage distribution of weavers based on income per month

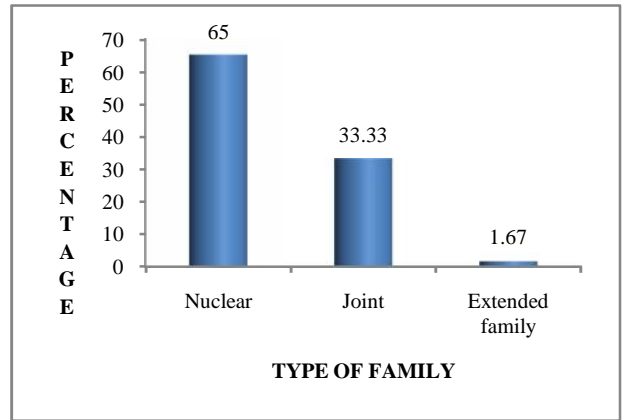


Fig 5 percentage distribution of weavers based on type of family

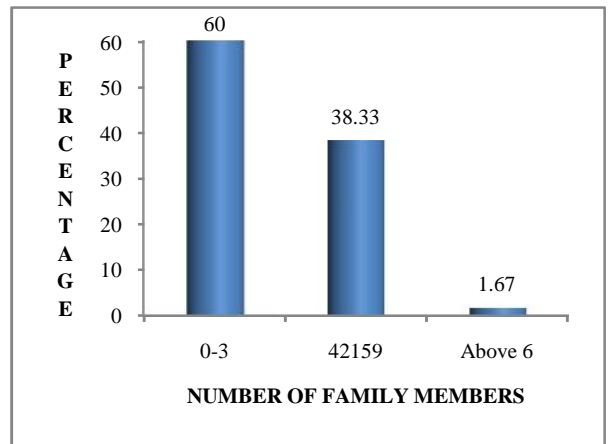


Fig 6 percentage distribution of weavers based on number of family members

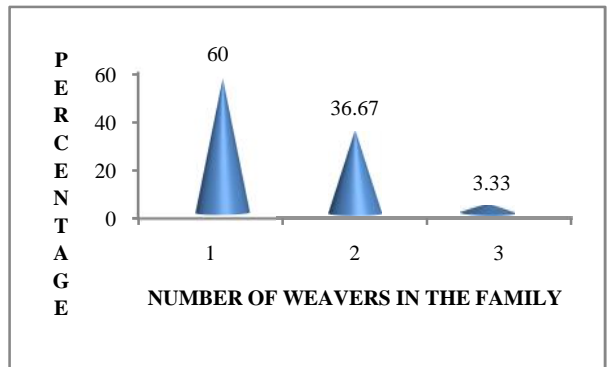


Fig 7 percentage distribution of weavers based on number of weavers in the family

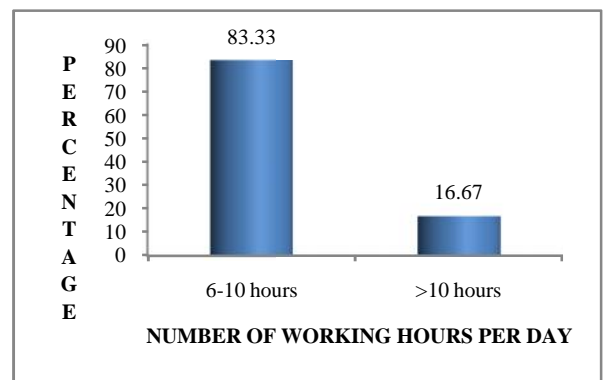


Fig 8 percentage distribution of weavers based on number of working hours per day

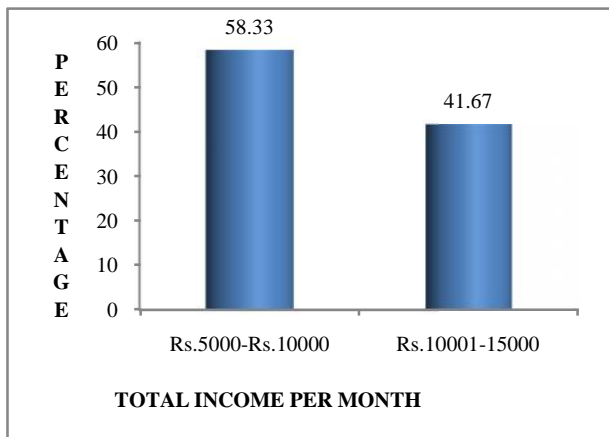


Fig 9 percentage distribution of weavers based on total income per day

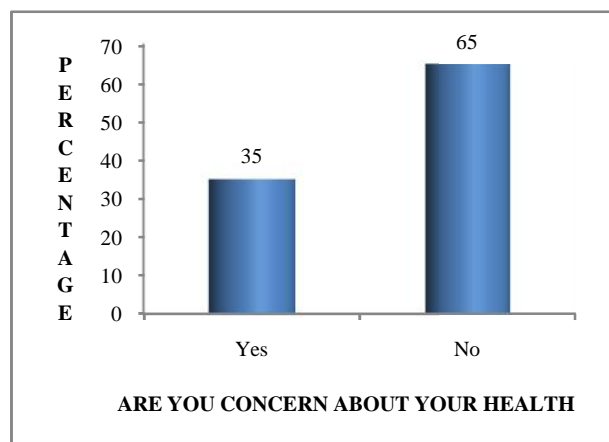


Fig 10 percentage distribution of weavers based on are you concern about your health

Section II: Assessment of pre-test and post- test level of Quality of life among weavers., With regard to physical domain, 90% had poor and 10% had moderate quality of life in pretest, whereas only 36.67% had poor quality of life in the post test and the moderate quality of life had improved from 10% to 63.33% With regard to psychological domain, 86.66% had poor and 14.44% had moderate quality of life in pretest, whereas only 53.33% had poor quality of life in the post test and the moderate quality of life had improved from 14.44% to 46.67%

With regard to social domain, 84.44% had poor and 16.56% had moderate quality of life in pretest, whereas only 58.33% had poor quality of life in the post test and the moderate quality of life had improved from 16.56% to 40%, improvement in good quality of life is up to 1.67

With regard to environmental domain, 75% had poor and 25% had moderate quality of life in pretest, whereas only 66.66% had poor quality of life in the post test and the moderate quality of life had improved from 25% to 33.34%,

With regard to overall quality of life, 100% has poor quality of life in pretest, whereas only 58.33% had poor quality of life in the post test and moderate quality of life had improved from 0% to 41.67%.

Section III comparison of pre and post test scores of quality of life among weavers. (n=60)

Overall quality of life	Mean	S.D	Paired 't' value
Pre test	16.25	5.7	t =24.9 ***
Post test	31.66	5.72	P=0.001, S

With regard to overall Quality of life the mean pre-test score was 16.25 with S.D of 5.70, and the post-test mean score was 31.66 with S.D 5.72, and the calculated 't' Value was t= 24.92 which was greater than the table value, hence there was a high statistical significant difference with the overall Quality of life in the post test.

Section IV Association between mean differed quality of life among weavers and their Demographic variables

The one way ANOVA 'F' test and paired 't' test was used to find out the association and there was no statistical significant association with the demographic variables of age, gender, education, marital status, income, type of family, number of family members, number of children, number of working hours, individual income, total income of the family, health concern, habits, total amount spending for alcohol/smoking/others substance use.

CONCLUSION

The study findings concluded that there was a moderate significant difference in the Quality of life among weavers after administration of selected nursing interventions and it will be proved to be an effective method to improve the Quality of life among weavers, if the study is conducted for a longer duration of time.

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