

## ORIGINAL ARTICLE

# A Study to Assess the Knowledge Regarding Osteoarthritis among Geriatric People in a Selected Rural Area at Siruganur, Trichy Dt.

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### ABSTRACT

*The present study was conducted to assess the knowledge regarding osteoarthritis among geriatric people in a selected rural area at Siruganur, Trichy. The objective of the study were to assess the knowledge regarding osteoarthritis among geriatric, to find out the association between the knowledge regarding osteoarthritis among geriatric with their selected demographic variables such as Age, Sex, Education, Occupation, Income, Religion and type of family. A total of 40 geriatric were selected for the study by convenient sampling technique and data was collected by self administered knowledge questionnaire. The results of the study revealed that 35% of the geriatric were in the age group of 61-70 years, 60% were female, 37.5% were illiterate, 40% were daily wages, 85% were married, 40% were taking mixed diet. Regarding knowledge 10 (25%) have adequate knowledge, 19 (47.5%) have moderately adequate knowledge and 11 (27.5%) have inadequate knowledge regarding osteoarthritis. Chi square analysis shows that, there was significant association found between the knowledge score with age, gender, education, occupation and no significant association found with income, religion and type of family. Recommendations are, a similar study can be conducted on large sample there by findings can be generalized. Similar study can be conducted in different settings.*

**Keywords:** Osteoarthritis, Geriatric people.

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## INTRODUCTION

Musculoskeletal conditions are an important geriatric health problem. Nearly 70% of population over 65 years of age are affected by osteoarthritis. Most of elderly person suffers from osteoarthritis above the age 65 years and women (18%) are most probable to get osteoarthritis than men (9.6%). It is the second most common rheumatologic problems. Prevalence of osteoarthritis is similar across the globe and it is expected to increase dramatically as the population ages increases especially in low and middle income nations, the prevalence of knee osteoarthritis in rural and urban is estimated to be 3.9% and 5.5% respectively.

Osteoarthritis is a common cause of disability among old age people. More than 20 million peoples with arthritis have severe limitations in function on a daily basis. Absenteeism and frequent visits to the physicians are common in individual who have arthritis. It makes the individual physically inactive and becomes home bound there by it decreases the quality of life. In 1990s NCDs accounted for 33% or 1/3 of total disease burden [1]. This has increased to nearly 66% or 2/3 of overall disease burden in 2019. Globally knee osteo arthritis is 4<sup>th</sup> significant cause of incapability in women and 8<sup>th</sup> in men. India is expected to be the chronic disease capital with 60 million people with arthritis by 2025. There is no known cure for osteoarthritis [2]. Following some treatment options like physical therapy, lifestyle changes (Exercise and weight reduction) and taking anti inflammatory drugs will be helpful to slowdown the joint damage. Several studies have shown that physical exercise of the affected joint can noticeably improve long term pain relief, improve function and delay the need for surgical intervention in advanced

cases [3-4]. In the present study, to assess the knowledge regarding osteoarthritis among geriatric in Siruganur and to find out the association between the knowledge regarding osteoarthritis among geriatric with their selected demographic variables such as age, sex, education, occupation, income, religion and type of family.

## MATERIAL AND METHODS

**RESEARCH APPROACH :** Descriptive approach.

**RESEARCH DESIGN :** Non experimental research design.

**SETTING OF THE STUDY:** The study will be conducted in selected rural area at Siruganur, Trichy.

**TARGET POPULATION:** The target population was all the people in the Siruganur.

**ACCESSIBLE POPULATION:** The accessible population was geriatric residing in Siruganur,

**SAMPLE AND SAMPLING TECHNIQUE:**

40 geriatric people residing in Siruganur were selected as the sample with inclusive criteria of age group between 50-75 years, Willing to participate in the study, who were Present in the time of data collection. Convenient Sampling technique is used in this study.

**DEVELOPMENT AND DESCRIPTION OF TOOL:**

**Part A:** Questionnaire for demographic variables. It consist of age, sex, religion, education, occupation, income and type of family.

**Part B:** Questionnaire to assess knowledge regarding osteoarthritis. It consist of 30 items

**Scoring procedure.**

Each question has 4 options, among which one was the correct answer. Each correct answer was given a score as 1 and wrong answer was scored as 0. Based on the obtained score the subjects were grouped into three as follows:

S.NO	LEVEL OF KNOWLEDGE	SCORE
1.	Inadequate	1-10
2.	Moderately adequate	11-20
3.	Adequate	21-30

## DATA COLLECTION PROCEDURE

The data was collected in Siruganur area. The oral permission was taken from Village President in Siruganur. Prior information was given to the client. The purpose of the study was explained to participants. Sample who are fulfilling the inclusive criteria were chosen. The questionnaire was distributed to the client. The actual data was collected from 6/9/2021 to 18/9/2021. The collected data were tabulated and analyzed by using descriptive and inferential statistics.

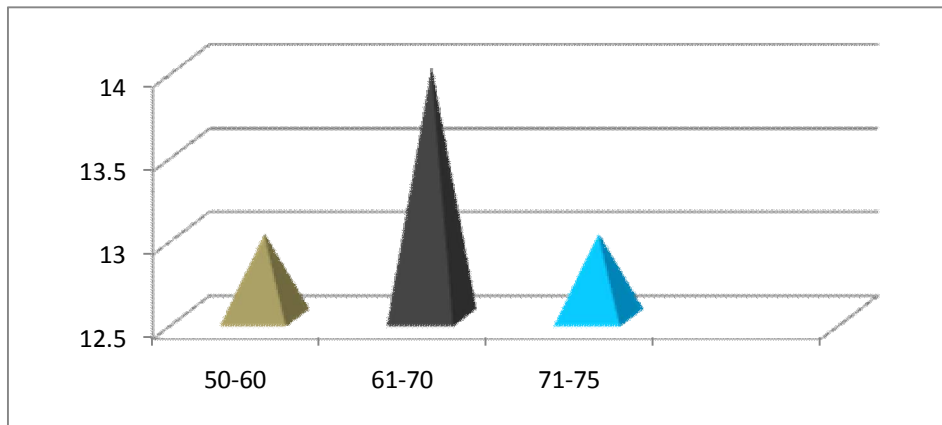
## RESULTS AND DISCUSSION

Analysis and interpretation is divided into 3 sections. Section A is discussed with demographic variables, Section B is about knowledge score of geriatric people and Section C is association of knowledge score with selected demographic variables of geriatric people.

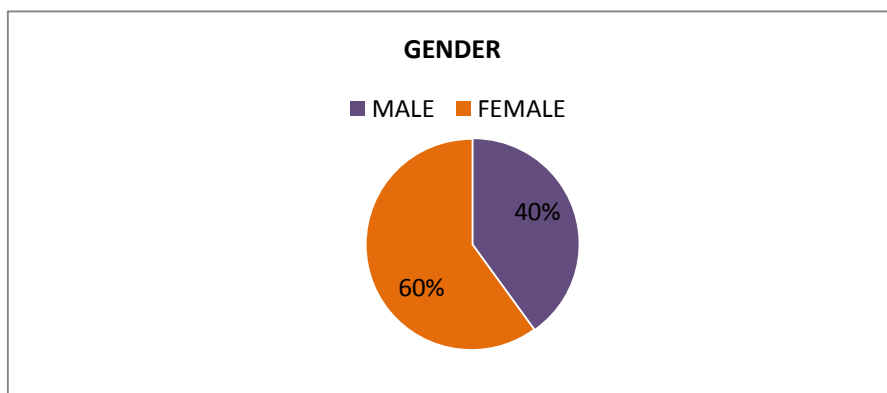
### DEMOGRAPHIC VARIABLES

Among the samples, regarding age, 13 (32.5%) belongs to the age group of 55-60 years, 14 (35%) belongs to the age group of 61-70 years and 13 (32.5%) belongs to the age group of 71-75 years. Regarding sex, 16 (40%) were male and 24 (60%) were female. Regarding religion, 37(92.5%) were Hindu and 3(7.5%) were Christian. Regarding education, 15 (27.5%) were illiterate 12 (30%) were at primary school level, 12 (30%) were at higher secondary level, 1 (2.5) was graduate. Regarding occupation, 16(40%) were Daily wages, 14(35%) were self employee, 10 (25%) were no occupation. Regarding income, 08 (20%) were at income level of 1000 to 3000, 32 (80%) were 5000 to 10,000. Regarding type of family, 11 (36.7%) belongs to joint family and 19 (63.3%) belongs to nuclear family.

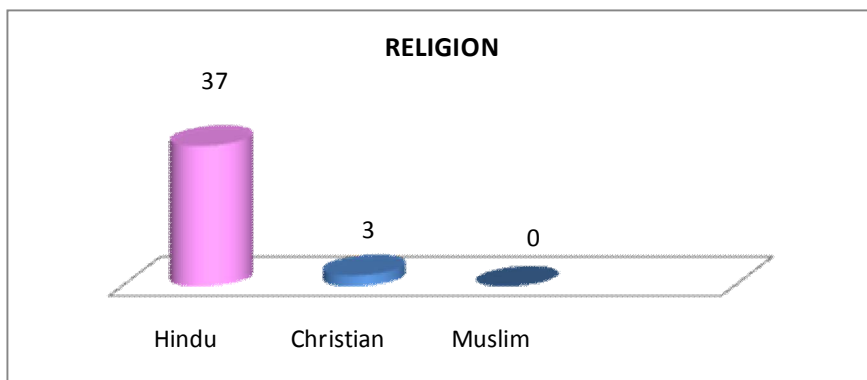
**Fig 1.**Bar diagram shows Distribution of subjects by age



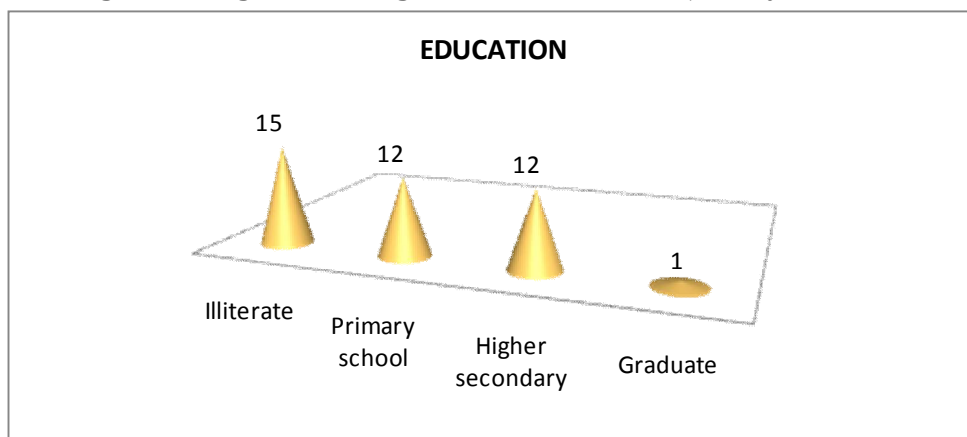
**Fig 2:** Pie diagram showing the distribution of subjects by sex.



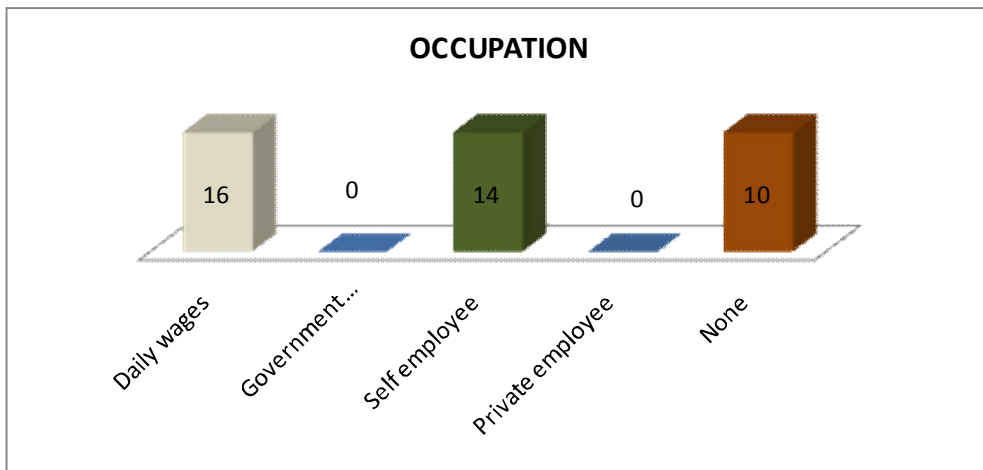
**.Fig 3:** Bar diagram showing the distribution of subjects by religion



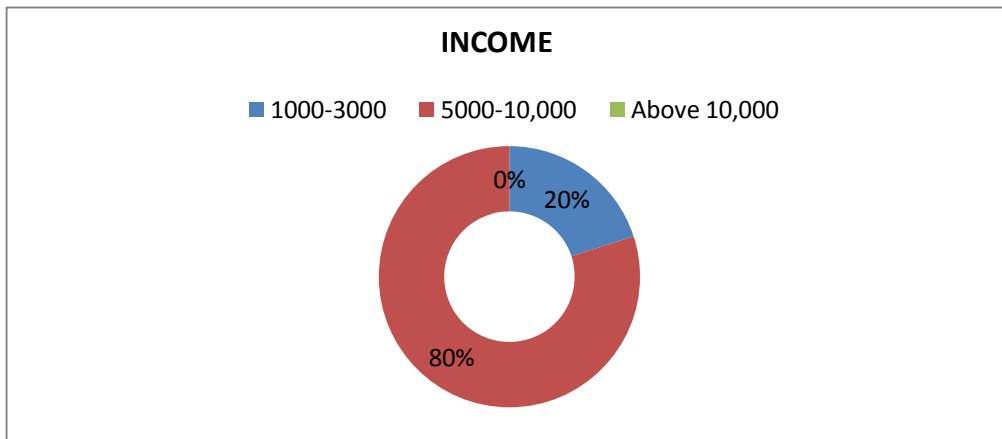
**Fig 4:** Bar diagram showing the distribution of subjects by education



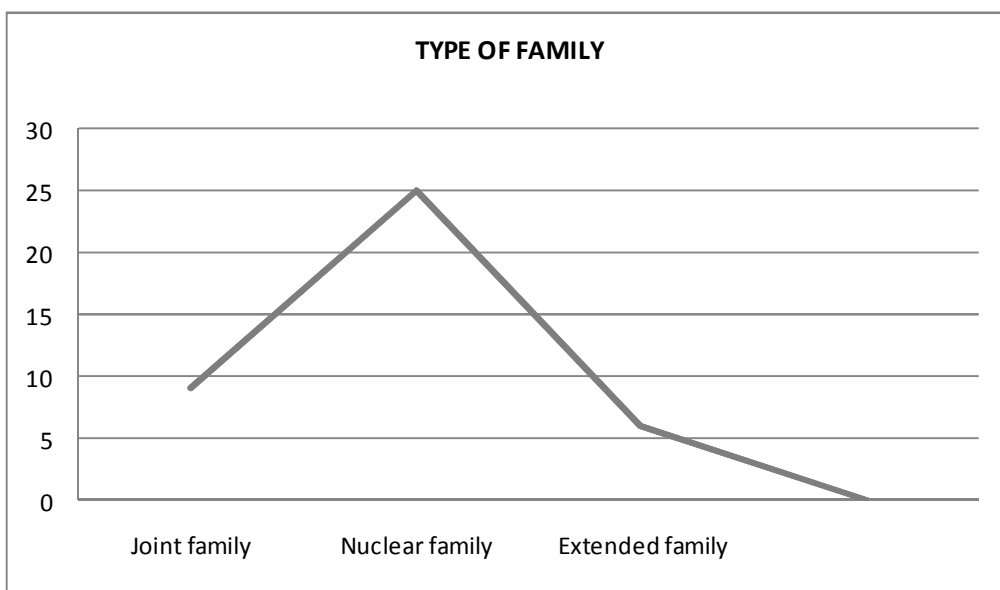
**Fig 5: Bar diagram showing the distribution of subjects according to their occupation.**



**Fig 6: Doughnut diagram showing the distribution of subjects according to their Income.**



**Fig7: Line diagram showing the distribution of geriatric according to the type of family.**



**TABLE 1: Assessment Of Knowledge Regarding Osteoarthritis Among Geriatric People.**

S.NO	CATAGORY	SCORE	KNOWLEDGE	
			FREQUENCY	PERCENTAGE
1.	ADEQUATE	21-30	10	25%
2.	MODERATELY ADEQUATE	11-20	19	47.5%
3.	INADEQUATE	0-10	11	27.5%

Table1 shows that 10 (25%) had adequate knowledge, 19 (47.5%) had moderately adequate knowledge and 11(27.5%) had inadequate knowledge regarding osteoarthritis.

**Table 2: Association Between The Knowledge Regarding Osteoarthritis With Selected Demographic Variable Of Geriatric People.**

S.NO	DEMOGRAPHIC VARIABLES	KNOWLEDGE						CHI- SQUARE	TABLE VALUE	LEVEL OF SIGNIFICANCE AT 0.005 LEVEL
		ADEQUATE		MODERATELY ADEQUATE		INADEQUATE				
		NO.	%	NO.	%	NO.	%			
1.	AGE A)55-60 years B)61-70 years C)71-75years	8 1 1	20 2.5 2.5	3 11 15	7.5 27.51 12.5	2 2 7	5 5 17.5	19.84	9.49	S
2.	GENDER A)Male B)Female	2 8	5 20	6 13	15 32.5	8 3	20 7.5	6.13	5.99	S
3.	RELIGION A)Hindu B)Christian C)Muslim	10 - -	25 - -	16 3 -	40 7.5 -	11 - -	27.5 - -	8.49	9.49	NS
4.	EDUCATION A)Illiterate B)Primary school C)Higher secondary D)Graduate	- 2 7 1	- 5 17.5 2.5	7 8 4 -	17.5 20 10 -	8 2 1 -	20 5 2.5 -	19.61	12.59	S
5.	OCCUPATION A)Daily wages B)Government employee C)Self employee D)Private employee E)None	1 - 6 - 3	2.5 - 14 - 10	8 - 7 - 4	20 - 17.5 - 10	7 - 1 - 3	17.5 - 2.5 - 7.5	16.26	15.51	S
6.	FAMILY INCOME A)1000-3000 B)5000-10,000 C)Above 10,000	5 5 -	12.5 12.5 -	3 16 -	7.5 40 -	- 11 -	- 27.5 -	8.465	9.49	NS

## CONCLUSION

There was significant association found with age, gender, education and occupation. There was no significant association found with religion, family income and type of family.

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