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RESEARCH ARTICLE

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## ASSESS THE KNOWLEDGE REGARDING CATARACT AMONG OLDER ADULTS AT SELECTED AREA

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### ABSTRACT

Orientation to our world is primarily visual. We learn much about our environment and ourselves through our eyes. Vision contributes meaning and pleasure to the human experience. **Objectives of the study:** 1. To assess the knowledge regarding cataract. 2. To find the association between knowledge scores of cataract with their selected demographic variables. **Research methodology:** The research design used for the study was Non – experimental study design. The sample size 50. The sample selected by stratified random sampling method, which is one of the probability sampling. Geriatric of age group 65 years and above were selected. The instrumental tool contains two sections. Section I consist of demographic data. Section II consists of 25 self structured knowledge questionnaire. This questionnaire used to assess the knowledge regarding cataract by interview method. **Major study findings:** The collected data was analyzed in terms of the objectives of the study using descriptive and inferential statistics. Association between the knowledge of cataract and the selected demographic variables were analyzed. There was no significant association between the demographic variables such as age, gender, marital status, education, religion, occupation, income, eye problem. This study has demonstrated that the older adults have inadequate knowledge regarding cataract.

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## INTRODUCTION

The eye is the highly specialized and complex structure it receives and sends visual data to the cerebral cortex is devoted to interpreting visual images.

Minor defects and alignments of the eye can be seen in almost every one. A complete ocular assessment consists of subjective data elicited by means of an interview with the patient and objective data obtained by inspecting external structure and function of the eye and some internal parts of eye. Examination of the eye is an important aspect of the general examination. The early detection of the problem important for the reduction of the power of the eye. Some of the nutritive factor also acts in the role in the good vision. Aging the normal process of time related change begins at the moment of fertilization to older adult hood. Older adult hood is the final stage of an individual's development and has been called as "Golden age" or "second child hood" Basvanthappa- 2002.

**Need for Study:** An estimated 180 million people living worldwide are visually disabled of when nearly 45 million are blind four out of five of them living in developing countries. About 80% of blindness is avoidable or treated like those from cataract. In India the prevalence of blindness due to cataract is 77 % and prevalence of cataract is 0.54%.

**Statement of Problem:** To assess the knowledge regarding cataract among older adults at selected area.

### Objectives:

1. To assess the knowledge regarding cataract.
2. To find the association between knowledge scores of cataract with their selected demographic variables.

### Operational Definitions

**Assess:** It is defined as to decide the amount or value. In this study it refers toevaluate the knowledge level of cataract in older adults.

**Knowledge:** It is the level of understanding about cataract its occurrence among older adult.

**Older Adults:** Adult above age 65 years including males and females.

**Cataract:** cataract is lens opacity or cloudiness.

### Assumptions

1. Common cause of blindness in older adults may due to cataract.
2. Older adults may have less knowledge regarding cataract.
3. Majority older adults may have cataract.
4. Knowledge may influence the practice.

**Limitations:** 1. The study is limited to older adults.  
2. Limited Data collection Period.

## METHODOLOGY

**Research Design:** The research design selected for this study was non – experimental descriptive study design.

**Population:** Population of this study was older adults (Geriatric) at selected area.

**Sample and Method of Sample Collection:** The sample size was 50. The sample selected by stratified random sampling method, which is one of the probability sampling. Geriatric of age group 65 years and above selected for the present study.

**Inclusion Criteria:** Older adults who are 65 and above. Older adults who is willing to participate.

#### Exclusion Criteria

1. Older adults who are deaf and dumb.
2. Older adults who are mentally challenged.
3. Older adults who are serious illness.

**Instrument and Scoring Procedure:** The instrumental tool contains two sections. Section I and section II.

- Section I consist of demographic data, which include sex, age, education, marital status, religion, occupation and income.
- Section II consists of 25 self structured knowledge questionnaire. Each questions consist of two options (yes or No).
- This questionnaire used to assess the knowledge regarding cataract by interview method.
- For correct answer a score of "1" and for wrong answers a score of "0" given.

**Data Analysis:** Data Analysis will be done through descriptive statistics and analysed by frequency and percentage.

## RESULTS AND DISCUSSION

**Section 1:** Regarding Age most 45 (75%) of the older adults belong to the age group of 65 to 75 years, 4 (20%) of the older adults belong to the age group of 65 years, 1 (5%) of the older adults belong to the age group of 75. Regarding Sex most 36 (75%) of the older adults belong to Male, 14 (25%) belong to Female. Majority 60% of older adults were married, 20% of were widower and 20% were widows. Majority 60% of older adults were studied primary education 30% were illiterate. Majority 70% of older adults were Hindu and 20% were Christians and (10%) were Muslims. Majority 60% of older were coolie worker and 30% of older adults were unoccupied and 10% were retired. Majority 40% of older adults have no income and 30% of older adults having Rs. 1000- 1500 and 20% of older adults having below Rs. 1000 per month and 10% were having above Rs. 2000 per month. Majority 65% of older adults have cataract 30% of older adults were did cataract surgery and 5% of older adults were no problem in their eyes.

#### Distribution of Level of Knowledge of older Adults Regarding Cataract.

Figure 1. Knowledge score regarding Cataract

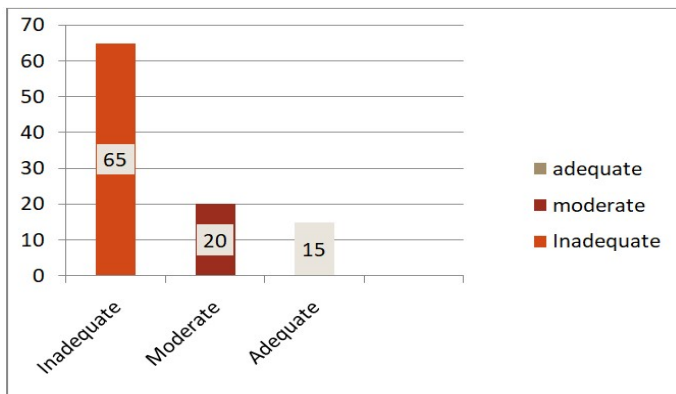


Figure 1 shows that Majority 65% of the older adults has inadequate knowledge, 20% of the older adults has moderately adequate knowledge, 15% of the older adults has inadequate knowledge.

#### Distribution of mean and standard deviation and mean percentage of knowledge in cataract

Table 1

Level of knowledge	MEAN	Standard deviation	Mean percentage
Knowledge of cataract	9.0	4.06	45%

Table 1 shows that Percentage distribution of older adults according to their level of knowledge in cataract mean 9.0 standard deviation 4.06 and mean percentage is 45%.

#### Demographic Variables Level of Significance

Chi square value was calculated to analyze the association of demographic variables with level of knowledge. The study findings shows that there was no significance association between their age, sex, marital status, education, religion, occupation, income, eye problem to assess the knowledge of cataract among older adults.

## CONCLUSION

The study was conducted to assess the knowledge regarding the cataract among the older adults at selected area. The study results showed 65% of the older adults had inadequate knowledge, 20% of the older adults had moderately adequate knowledge, and 15% of the older adults had adequate knowledge. The study concluded that information regarding the knowledge of cataract among the older adult is essential to avoid blindness.

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