

Research Article**“A STUDY TO ASSES THE EFFECTIVENESS OF TAILORED EXERCISE PLAN AND HEALTH EDUCATION ON KNOWLEDGE REGARDING PREVENTION OF PHYSICAL DECONDITIONING AMONG OLDER ADULTS AT SELECTED COMMUNITY AREA OF KANPUR U.P”**

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ABSTRACT

Physical deconditioning is mild condition associated with Cardiovascular system and musculoskeletal system and functional system characterized by inflammation in multiple organs. The study evaluates the effectiveness of tailored exercise plan and health education on knowledge regarding prevention of physical deconditioning among older adults. This study aims to assess the effectiveness of tailored exercise plan and health education among older adults at selected community area of Kanpur U.P. The study involves per-experimental one group pre-test and post-test design to measure knowledge levels among participants those were Olde adult's peoples before and after

the educational intervention. The purposive sampling techniques were used to select the sample. The study sample consisted of older adult's peoples from Kanpur. Data were collected using self-structured questionnaires. Following this a comprehensive teaching program covering Introduction, Epidemiology, aetiology, risk factor. Clinical manifestation, complication, prevention and management strategies for Physical deconditioning were implemented. The result demonstrated a significant increase in knowledge scores after the intervention ($P < 0.05$) indicating that the tailored exercise plan was effective in enhancing participants understanding of physical deconditioning .This highlights the

important of target educational strategies in improving health care outcomes of children at risk of physical deconditioning .The study concludes that targeted educational program are crucial for equipping tailored exercise with the necessary knowledge to prevent and manage of physical deconditioning effectively. There by potentially improving the outcomes and reducing the burden of the children.

KEY WORDS: *“Assess, effectiveness, knowledge, prevention of physical deconditioning and management, questionnaire, community area”.*

INTRODUCTION

“Exercise not only changes your body it changes your mind, your attitude and your mind.”

Aging is a natural and unavoidable process characterized by profession changes in the physiological, psychological and social area an individual's life. With advancing age, there is often a measurable decline in physical capacity, functional

independence, and overall well-being.^[1] One of the most give rise to concerns in older adulthood in physical deconditioning, which refers to moderate loss of muscle, strength, flexibility, cardiovascular to tolerate and mobility as a result of reduce physical activity or still lifestyle.^[2] Physical deconditioning not only leads to weakness but also the increase the risk of chronic disease, falls ,and holding on caregivers, thereby reduce the quality of life of older adults.^[3]

NEED OF THE STUDY

Exercise is most of us either love it. But we all want to achieve the best possible results from the time and efforts we all want to achieve the best possible result from these and time and we invest in exercise. It's particularly important when you are recovering from an injury. A tailored exercise means it has been designed with your goals, body shape age any injuries in mind, The exercise can be transferred one –on- one in community area in the this exercises we will change the needs of the individual. There's variety of reason why a custom exercise program can benefit you.

Do not risk of re-injure exercise is important for injury recovery. They

can provide you with program of exercise you may not have tried before, working parts of the body that do not risk of re -injury so you achieve the best outcomes possible. Holistic Supports Research by Black Dog Institute has found that 16 weeks of **exercise can have the same mental health improvements as antidepressant medication** for a person with mild to moderate depression. Supports in getting started a tailored exercise can provide the support and information you need to get started it will take into account your previous level of activity. General health and goals you want to achieve to ensure you are doing enough to achieve them. More than just an exercise many people are recovering from the injury need more than exercise advice.

- **PROBLEM STATEMENT:-**

"A study to assess the effectiveness of tailored exercise plan and health education on knowledge regarding prevention of physical deconditioning among older adults

at selected community area of Kanpur U.P

- **OBJECTIVES OF THE STUDY :-**

1. To evaluate the effectiveness of tailored exercise plan and health education on regarding prevention of physical deconditioning among older adults.
2. To assess the pretest level of knowledge among older adults about physical deconditioning.
3. To determining the association between pretest knowledge score regarding prevention physical deconditioning among older adults with their selected socio demographic variables.

Hypothesis

H1: -There is a significant association between the pre-test and post-test level knowledge score regarding prevention of physical deconditioning among older adults at Kukradev of Kanpur U.P.

H2: - There is significant association between the post-test level knowledge score regarding prevention of physical deconditioning among older adults with their selected socio- demographic variables.

Null Hypothesis

H01: - There is no significant association between the pre-test and post-test level of knowledge score regarding prevention of physical deconditioning among older adults at Kukradev of Kanpur U.P.

H02:- There is no significant association between the post-test level knowledge score regarding prevention of physical deconditioning among older adults at Kukradev of Kanpur U.P.

VARIABLES

Independent Variable

Independent variable has been health education on tailored exercise among older adults at selected community area of Kanpur.

Dependent Variable

Dependent variables has been knowledge and prevention of physical deconditioning among older adults.

METHODOLOGY- MATERIALS AND METHODS

SOURCE OF DATA- The data was collected among older adults at selected community area of Kanpur U.P.

INCLUSION CRITERIA-

1. Adults don't have knowledge regarding tailored exercise.
2. By giving health education on tailored exercise, it enhances the knowledge regarding prevention of physical deconditioning.

EXCLUSION CRITERIA-

- The study was delimited to older adults, selected community area.
- Who are available at the time of data collection.
- Who are willing to participate in the study.

RESEARCH DESIGN –

- Research design is plan to how when where and how data are to be collected and analyzed.

RESEARCH APPROACH-

- An Evaluative approach was used in study

POPULATION

Older peoples aged 60-65 years selected in community area .

Target population-

The target population for the present study older adult peoples in Kanpur.

ACCESSIBLE POPULATION-

Older peoples aged 60-65 years at selected in community area.

SAMPLE TECHNIQUE –

Sampling is a process of selecting a representative segment of the population under study. In the present study Purposive Sampling is used to select the sample.

SAMPLE SIZE :-

Sample size determination in the number of people who are participating in research

TOOL OF RESEARCH-

Tool is collected after extensive literature review from the various textbook, internets Search for guidance and discussion with expert in the field of nursing, medicine and statistics. A plan questionnaire is used to collect data from the older adults selected in community area in Kanpur U. P.

RESALT-

SECTION-A -A frequency and percentage distribution of demographic variables.

- 1- That all age group of 60-65 year (37%), 65-70 year (45%)

70-75 year (18%) and 75-80 year (0%).

- 2- The graph shows that majority was 59(98%) were from Hindu, 1(2%) were from Muslim, no one Christian and Others.
- 3- that majority was 26(44%) were from male, 34(56%) was from female, and others 0(0%).
- 4- the percentage wise according to physical deconditioning to the graph shows that majority was male income Rs 5000-Rs10,000 and frequency 22(36.67%) and female income Rs 10,000-Rs 20,000 and frequency 35(58.33%) and others Rs 20,000-Rs 30,000 and frequency 2(3.33%).
- 5- shows percentage wise distribution of physical deconditioning according to their type of family status the graph shows majority of nuclear family 13(21.67%) and joint family 25(41.67%).and extended 21(35%) and others 1(1.67%).

SECTION-B- Distribution of percentage level of knowledge regarding prevention of physical deconditioning.

Knowledge	Pre-Test Frequency	Pre-Test Percentage	Post-Test Frequency	Post-Test Percentage
Inadequate	45	75%	00	00%
Moderate	15	25%	40	67%
Adequate	00	00%	20	33%%
Total	60	100%	60	100%

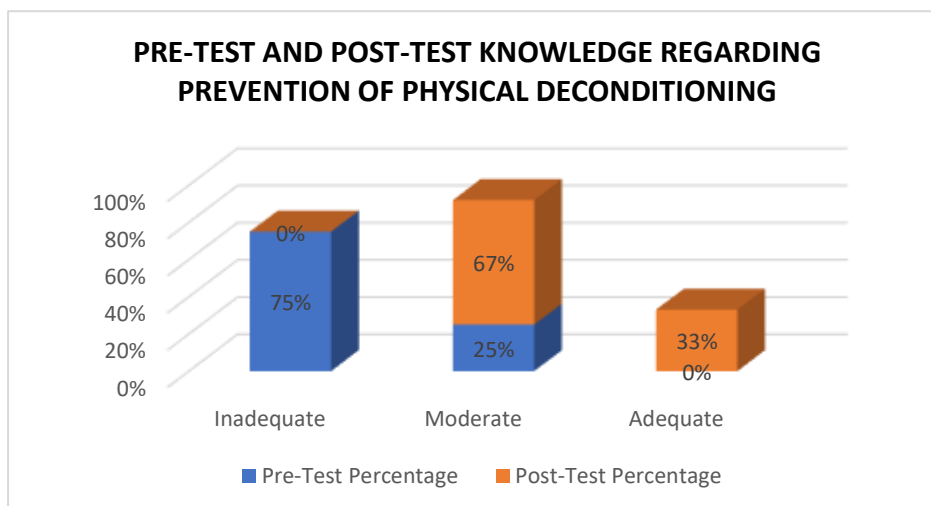


FIG:9 Bar diagram showing percentage wise distribution of according to health education on knowledge in pre-test and post -test.

SECTION-C

Comparison of pre-test and post-test level of knowledge regarding prevention of physical deconditioning.

pre-test and post-test level of knowledge regarding physical deconditioning among older adults at community area. Bar diagram shows that mean of pre-test (8.61) and post-test (14.2) And mean percentage of pre-test (14.35%) and post-test (23.67%) and standard deviation of pre-test (2.05) and post –test (10.45).

SECTION-D

To assess the effectiveness of tailored exercise plan health education regarding prevention of physical deconditioning among older adults .

The above table described that the obtained post test mean value of knowledge of (14.2±10.45) regarding presentation of physical deconditioning on the tailored exercises was higher than the knowledge of pre test value (8.61±2.05), the obtained ‘t’ value was 3.15 which is greater than the table values i.e. its 2.00 shows that there was

significant different between pre test and post test knowledge.

SECTION-E

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ASSOCIATION BETWEEN THE POST-TEST LEVEL OF KNOWLEDGE REGARDING PHYSICAL DECONTIONING WITH THE SELECTED SOCIO DEMOGRAPHIC VARIABLE OF OLDER ADULTS AT SELECTED COMMUNITY AREA.

No.	Socio-Demographic Variables	Inadequate	Moderate	Adequate	Chi square (x ²) DF t value	Significant /Non-Significant
1.	Age group					
	a) 60 –65 yrs	18	04	00	x ² =364.6 df=6 't'=12.59	S
	b) 66 – 70 yrs	20	07	00		
	c) 71 – 75 yrs	06	05	00		
	d) 76– 80 yrs	0	0	00		
2.	Gender					
	a) Male	20	6	0	x ² =1.33 df=4 't'=9.49	NS
	b) Female	30	4	0		
	c) Others	0	0	0		
3.	Religion					
	a) Hindu	58	1	00	x ² =3.53 df=6 't'=12.59	NS
	b) Muslim	1	0	00		
	c) Christian	00	00	00		
	d) Others	00	00	00		
4.	Income					
	a)5000-10,000	19	02	00	x ² =2,083.7 df=6 't'=12.59	S
	b)11-20,000	28	7	00		
	c)21,000-30,000	2	1	00		
	d)31,000-40,000	01	00	00		

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5. Type of family					
a) Nuclear family	10	3	00	$x^2=564.64$ df=6 't'=12.59	S
b) Joint family	20	05	00		
c) Extended family	20	1	00		
d) others	1	0	00		
6. Education					
a) Primary	23	6	00	$x^2=246.14$ df=6 't'=12.59	S
b) Secondary	20	6	00		
c) Graduation	2	1	00		
d) Post-graduate and above	10	1	00		
7. Dietary pattern					
a) Vegetarian	46	09	00	$x^2=19.66$ df=6 't'=12.59	S
b) Non- vegetarian	3	02	00		
c) Eggetarian	1	0	00		
d) Mixed	3	02	00		
8. Disease					
a) Communicable	10	04	00	$x^2=26.17$ df=6 't'=12.50	S
b) Non - communicable	5	05	00		
c) Bone –related	20	06	00		
d) Other	5	05	00		

SUMMARY-

The present study was conducted "To determine the effect of tailored exercise on knowledge regarding prevention of physical deconditioning among older adults at selected community area of Kanpur U.P.

The review of literature enabled the investigator to develop the Methodology for the study.

Quantitative evaluative research approach and Quasi -experimental, on group Pre-test Post-test research design was used for the present study. Based on inclusion criteria

60 probability Convenience among older adults were selected by using Non-Sampling Technique in selected community area Kanpur, U.P.

CONCLUSION-

As there were no standardized research tools available, therefore, based on extensive review of literature there were three research tools developed; one was demographic variables tool, second was plan self-questionnaire which consisted of 20 items on knowledge regarding prevention of physical deconditioning and third teaching tool was tailored exercise on

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knowledge regarding physical deconditioning of research tool was established by thoroughly circulating drafts of this tool among experts in the field of Community Health Nursing for getting their valuable suggestions.

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