

Problem Statement: - “A Study to Assess the Effectiveness of Video Assisted Teaching Programme Regarding Knowledge On Effects of Air Pollution On Health Among Traffic Police In Selected Traffic Area, At Bilaspur (C.G.)”

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Abstract

Background:

Air pollution has emerged as a critical public health concern, particularly affecting individuals exposed to vehicular emissions, such as traffic police personnel. In Bilaspur, Chhattisgarh, the rising levels of particulate matter and air pollutants pose significant risks to respiratory health. Despite their constant exposure, traffic police often lack sufficient awareness regarding these health hazards.

Objectives:

The study aimed to evaluate the effectiveness of a video-assisted teaching programme in enhancing the knowledge of traffic police about the health effects of air pollution. Specific objectives included assessing pre-existing knowledge, measuring the impact of the educational intervention, and exploring associations between knowledge levels and selected demographic variables.

Methods:

A quantitative pre-experimental one-group pretest-posttest design was employed. A total of 300 traffic police personnel from the Civil Line Thana Mangla Chowk area of Bilaspur were selected using purposive sampling. Data collection tools included a structured knowledge questionnaire and a specially designed video-assisted teaching module. Pre-test data were collected, followed by the educational intervention, and a post-test was conducted after seven days. Statistical analyses involved paired t-tests and chi-square tests to evaluate effectiveness and associations.

Results:

The findings demonstrated a significant improvement in post-test knowledge scores, indicating the



effectiveness of the video-assisted teaching programme. Demographic variables such as age, education, and years of service were found to have a notable association with baseline knowledge levels.

Conclusion:

The study concludes that video-assisted teaching is an effective educational strategy for enhancing awareness among traffic police regarding the health implications of air pollution. Such interventions are recommended to be regularly incorporated into occupational health education for frontline enforcement personnel.