

A study to assess the knowledge regarding hemorrhoids among KSRTC Bus Drivers in Gokak Taluke, with a view to develop an information booklet.

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ABSTRACT

This study was undertaken to assess the knowledge of the KSRTC bus drivers regarding hemorrhoids at selected areas of Gokak Taluk. **Settings and Design:** the research design selected for present study was non experimental design which enables the investigator to assess the knowledge of the KSRTC Bus Drivers regarding hemorrhoids. Sixty (60) KSRTC Bus Drivers were selected by using convenient sampling technique. **Methods and Materials:** Data was collected by using a structured knowledge questionnaire with 30 items. Reliability of structured knowledge questionnaire was found to be $r = 0.899$. Hence, the tool was found to be reliable. **Statistical analysis used:** Data was analyzed by using descriptive (Range, mean, median, SD & Mean Percentage) and inferential statistical (chi-square test) technique. **Results:** In present study 70% had poor knowledge, 30% of them had adequate knowledge and none of them were found to be with good knowledge. **Conclusion:** The study concludes that the knowledge of KSRTC bus drivers regarding hemorrhoids was poor and adequately favorable.

Key words: KSRTC bus drivers, Hemorrhoids:, Knowledge, information booklet.

Introduction

If you suffer from hemorrhoids, you are in the company of some famous people. Napoleon Bonaparte was said to have had hemorrhoids, and some historians have actually debated whether he lost the Battle of Waterloo because he was unable to sit on his horse during the battle to lead his army.

In 1978 President Jimmy Carter had to leave a party at the White House because of hemorrhoid pain. The pain was so severe that he was incapacitated and could no longer perform his duties. He had surgery soon afterward, and returned to the Oval Office.

George Brett, a third baseman for the Kansas City Royals, missed part of the World Series in 1980 because of hemorrhoids. Minor surgery was performed, so he could return quickly to the game the next day.¹

Haemorrhoids are a very common anorectic condition defined as the symptomatic enlargement and distal displacement of the normal anal cushions. They affect millions of people around the world, and represent a major medical and socioeconomic problem. Multiple factors have been claimed to be the etiologist of haemorrhoidal development, including constipation and prolonged straining. The abnormal dilatation and distortion of the vascular channel, together with destructive changes in the supporting connective tissue within the anal cushion, is a paramount finding of haemorrhoidal disease.²

One of the major causes of hemorrhoids is sitting for long periods of time. Considering this fact, drivers are more prone to developing them due to the long hours spent sitting behind the wheel. The signs and symptoms associated with hemorrhoids depend on the location. Internal hemorrhoids are located inside the rectum and usually cause very little discomfort. On the other hand, external hemorrhoids are situated under the skin around the anus. Due to their location, they are easily irritated. The most common symptoms of hemorrhoids include painless bleeding during bowel movements, itching or irritation in your anal region and/or a lump near your anus, which may be painful.³

Nearly 1 million new cases are reported annually in US, 47 per 1000 and increases with age, age group of 45-65yrs, it is estimated that 50-85% Of people around the world have haemorrhoids.

In India 75% of the population is estimated. Among this almost half million population are experiencing conditions that are related to haemorrhoids. Usually, many are not aware that they have the symptoms associated to this condition.⁴

A cross sectional descriptive survey design study was conducted on Prevalence and Predictors of Hemorrhoids among Commercial Motorcyclists in Kaduna State, Nigeria & by taking samples of 290 Motorcyclists. The study results shows that the majority (97.5%) of participants knew about hemorrhoids and most (90.5%) of them admitted to have one time or the other, suffered from hemorrhoids with nearly a third (32.5%) of them having four or more years encounter & study concluded that, there was high prevalence of hemorrhoids among commercial motorcyclist who are within the active workforce of the nation. Factors associated with this high prevalence include prolong sitting on the motorcycle while waiting for passengers, long time duration of riding commercial motorcycle per day and for the entire week without resting.⁵

A cross sectional study was conducted on associated risk factors of hemorrhoids in National Institute of Unani Medicine, Bangalore. By taking sample of 311 patients suffering from hemorrhoids. The results of the study reveals that prevalence of hemorrhoids was found maximum in age group of >40 years & in those who were not doing morning /evening walk or other extra physical activities. Finally this Study concluded with association of hemorrhoids with the advancement in age, sedentary life style, heredity & genetic make up.⁶

Methodology:

This study was conducted with the following objectives; to assess the knowledge of hemorrhoids among KSRTC bus drivers, to find out the association between knowledge on hemorrhoids with selected demographic variables and to develop an information booklet. **Research design:** Non experimental design which enables the investigator to assess the knowledge of the KSRTC Bus Drivers regarding hemorrhoids. **Research variable:** Knowledge of KSRTC Bus Drivers regarding hemorrhoids. **Demographic variables:** Age, education status, source of information, year of service, religion etc. **Setting of the Study:** The study was undertaken in Gokak Taluk. **Population:** KSRTC Bus Drivers. **Sample and Sampling Technique:** Sample 60 KSRTC Bus Drivers, selected by using convenient sampling technique. **Instrument:** A structured knowledge questionnaire was selected as a tool for the present study. **Data Analysis:** Data analyzed using both descriptive and inferential statistics.

Information Booklet: An information booklet was prepared on Hemorrhoids in 2 languages English and Kannada incorporating elements like introduction, definition, types (Internal & external hemorrhoids), causes & risk factors, sign & symptoms, Diagnostic evaluation, treatment aspects which included

home remedies, prevention & good bathroom habits and information booklets was distributed to the samples for the improvement of their knowledge regarding hemorrhoids.

Results:

Socio-demographic variables:

Age: According to age, 2% of them were 21-25 Years old, 8% of them were 26-30 Years old, 7% were 31-35 Years old, 20% were 36-40 Years old and 63% of them were 41 and above. **Gender:** 100% were males.

Educational qualification: 5% of them did not have any formal education, 50% of them were Primary education, 17.% of them were Secondary education, 23% of them were PUC and 5% of them had Graduate & PG degree.

Locality/ residence: 22% of them were Urban & 78% of them were Rural. **Marital Status:** All of them were married

Years of work experience: 5% of them had 1-5 years of experience, 18% of them were had 5-10 years of experience and 77% of them had above 10 years of experience. **Source of information:** 18% received from friends, 70% from News paper, 10% from Health workers and 2% from internet. **Dietary pattern:** 37% of them were vegetarian, 3% of them were non vegetarian and 60% of them were both vegetarian & non vegetarians.

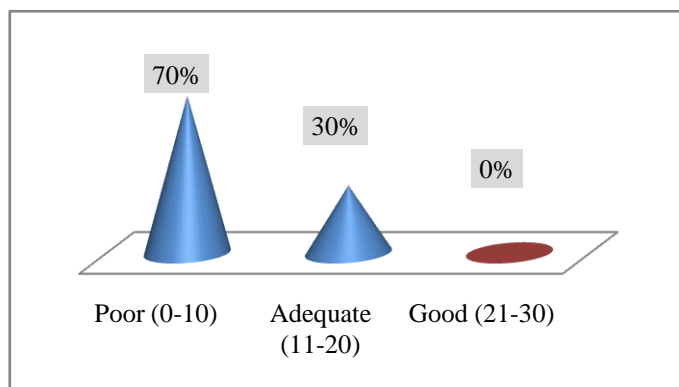


Figure 1: Diagram showing distribution of samples based on their knowledge level

The above figure shows distribution of samples based on their levels of knowledge. In present study 70% had poor knowledge, 30% of them had adequate knowledge and none of them were found to be with good knowledge.

Table 1: Association between levels of knowledge with Selected Demographic variables

N=60

Demographic variables		Median below	Above median	Total	Chi square value	df	p value	Significance
Age in year	21-25 Years	0	1	1	7.690 ^a	4	0.104	NS
	26-30 Years	1	4	5				
	31-35 Years	1	3	4				
	36-40 Years	5	7	12				
	41 and above	25	13	38				
Educational qualification	No formal	1	2	3	1.426 ^a	3	0.699	NS
	Primary	16	14	30				
	Secondary	6	7	13				
	PUC	9	5	14				
	5-10 Years	6	5	11				
	Above 10 Years	26	20	46				
	Non Vegetarian	2	0	2				
	Both	18	18	36				

Demographic variables		Median below	Above median	Total	Chi square	df	p value	Significance
Work experience	1-5 Years	0	3	3	3.623 ^a	2	0.163	NS
	5-10 Years	6	5	11				
	Above 10 Years	26	20	46				
Source of information	Friends	5	6	11	1.880 ^a	3	0.598	NS
	News paper	23	19	42				
	Health workers	4	2	6				
	Internet	0	1	1				
Dietary pattern	Vegetarian	12	10	22	1.924 ^a	2	0.382	NS
	Non Vegetarian	2	0	2				
	Both	18	18	36				

Note: NS-Not significant at 95 % level (p>0.05)

The above table 1 shows out of all the selected demographic variables, none of them had statistically significant association with knowledge at 95% level of confidence (p>0.05).

Discussion:

A similar cross sectional descriptive survey design study was conducted on Prevalence and Predictors of Hemorrhoids among Commercial Motorcyclists in Kaduna State, Nigeria & by taking samples of 290 Motorcyclists. The study results shows that the majority (97.5%) of participants knew about hemorrhoids and most (90.5%) of them admitted to have one time or the other, suffered from hemorrhoids

with nearly a third (32.5%) of them having four or more years encounter, as compared to this study it was an non experimental descriptive design on hemorrhoids among KSRTC Bus drivers in Gokak Taluk. The study results revealed that 70% had poor knowledge, 30% of them had adequate knowledge and none of them were found to be with good knowledge.

Conclusion: The KSRTC Bus Drivers have actively participated in the study. Majority of samples had poor knowledge i.e. 70% so it suggested that most of them were unaware about hemorrhoids in relation to their work, so investigator distributed information booklet to improve the knowledge regarding hemorrhoids so as to reduce the incidence of hemorrhoids among bus drivers.

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