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An exploratory study to assess the knowledge regarding CPR among students studying in selected physical education colleges of Pune city

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Abstract

Introduction: CPR is also known as Cardio Pulmonary Resuscitation. Cardiac arrest is a major and common problem faced by people, mainly there are two types of cardiac arrest- Primary cardiac arrest and secondary cardiac arrest. Primary cardiac arrest is most common from these two cardiac arrest. CPR is given mostly given secondary type of cardiac arrest.

According to recent research studies most of the industrial nations of the world face the major problem in the form of cardiac arrest, in the year 2002.

Main reason to study CPR are: it saves life, it also prevents brain death and increasing medical conditions is one of the reasons. Hence, CPR is becoming an important topic to study in present and as well as in future.

Purpose: The main purpose of this study is to find out the knowledge regarding CPR among students studying in selected physical education colleges of Pune city.

Objectives: To assess the knowledge regarding CPR among students studying in Physical education college and to associate findings with selected demographic variables.

Methods: This was a non- experimental, descriptive research design and quantitative research approach. 100 students were selected for final study from the institute by non- probability sampling technique, reliability and pilot study was done on 10 samples respectively.

Results: Mean score of knowledge regarding CPR among students was found to be 8.8 with 2.87 of standard deviation.

Conclusion: Maximum students that is 72% out of 100% were found with average knowledge regarding CPR.

Keywords: CPR, students studying, physical education

Introduction

Need of the study

Cardio Pulmonary Resuscitation is also known as CPR. In both, medical field and in the life of every individual CPR is one of the most important concept. It is one of the emergency procedure which is combination of both chest compressions and artificial ventilation, which is given manually to keep brain function intact and restore spontaneous blood circulation with breathing in cardiac arrest victim.

Main reasons to study CPR are - It saves life brain death is prevented due to it and increasing medical conditions is one of the reason. Hence, CPR became an important topic to study in present error. Students studying in physical education college are given basic knowledge about CPR, hence they are selected for this study.

As the topic CPR is becoming more important topic to study in the health care settings and as well as in other settings it is taken topic for study.

Objective of the study

1. To assess the knowledge regarding CPR among students studying in physical education college.
2. To associate the findings with selected demographic variables.

Methodology

Sample Selection Criteria

Inclusion criteria

Student studying in physical education college of Pune city within the age group of 18-21 years.

- Students whose medium of instruction is English.

Exclusion criteria

- Students who are not willing to participate.

Description tool and Results

Section 1

This deals with the demographic data of the samples.

Table 1: Showing frequency and percentage distribution according to demographic data. n=100

S. No	Age	Frequency	Percentage
1.	18	16	16%
2.	19	18	18%
3.	20	22	22%
4.	21	44	44%
Gender			
1.	Male	78	78%
2.	Female	22	22%
3.	Transgender	00	00%
Class			
1.	BPED 1 st year	35	35%
2.	BPED 2 nd year	49	49%
3.	BPED 3 rd year	03	03%
4.	BA 1 st year	07	07%
5.	BA 2 nd year	01	01%
6.	BA 3 rd year	04	04%
7.	MPED 1 st year	01	01%

Section 2

Assessment of knowledge regarding CPR among students.

Frequency and Percentage

Table 2: Knowledge in the form of percentage. n=100

Knowledge regarding CPR	Frequency	Percentage
Poor (0-6)	22	22%
Average (7-13)	72	72%
Good (14-20)	06	06%
Mean	8.8	
Standard deviation	2.8705	

Major finding of the study

Major findings of the study are

Section A

Table no. 1 in chapter 4 specifies that 16% of students were 18 years old, 18% of students were 19 years old, 22% of students were 20 years old, 44% of students were 21 years old whereas 78% of students were male and 22% were female out of 100. Different graphs are made to specify the findings of the study using age, gender and class in chapter 4. 35%, 49% and 03% students are from BPED 1st year, 2nd year and 3rd year respectively. 07%, 01% and 04% students are from BA 1st year, 2nd year and 3rd year respectively. And only 01% students are from MPED 1st year. Table no. 2 represents question wise, frequency and percentage distribution.

Section B

Major findings of section B is dealt in chapter 4 in table 2, which shows that 22% of students have poor knowledge, 72% of students have average knowledge and 06% of students have good knowledge regarding CPR.

Discussion

The study was done to assess knowledge regarding CPR

among students studying in selected Physical education college of Pune city. The study started mainly with selecting the setting, selecting samples, validating the data, reliability of the study, pilot study and than doing final study. All the above topics are explained in chapter 1,2,3,4,5 respectively including review of literature, interpretation and main findings.

Limitations of the study

- 1) Research was limited for the limited time or particular period of time.
- 2) The area limited for this study was Physical Education college of Pune city.

Recommendation of the study

- 1) Similar topic can be studied in different settings and areas with large population too.
- 2) Further researches can be carried out in different specific and non-specific students or settings.

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