METHODOLOGY:-

RESEARCH APPROACH:
According to PolitHungler (1995) research approach refers to the overall plan for obtaining answers to the research questions and for testing the hypotheses. Evaluative approach was used to carry out the study.

RESEARCH DESIGN:
Pre-experimental, one group pre test and post test design was used. The research design which was adopted for the study is diagrammed as:

<table>
<thead>
<tr>
<th>One group</th>
<th>Pre test</th>
<th>Post test</th>
</tr>
</thead>
</table>

O1 \( X \) O2

knowledge

O1 = Pre test of knowledge score.
O2= Post test of knowledge score.
X= --- Administration of structure teaching Module

SETTING:
Research setting is the most specific place where the data collection occurs, where the population or the portion of that is being located, and where the study is carried out. The investigator is selected area of Bhopal.

RESEARCH VARIABLES:
Independent variable: An independent variable is the variable is stand alone and is not dependent on any other. Structure teaching Module on prevention of osteoporosis.

Dependent variable: Knowledge of women regarding prevention of osteoporosis.

Extraneous variable: Socio-demographic variables are age, education, marital status, and monthly family income, and habits, source of knowledge, diet and religion.

POPULATION:
The Population of the present study comprises of women in Bhopal.

SAMPLE:
In the present study, samples are women, who fulfill the inclusion criteria of the research study.

SAMPLE SIZE:
Total samples selected comprising of 300 women. (N= 300)
SAMPLING TECHNIQUE:
Non probability convenience sampling technique will be used to select the samples.

CRITERIA FOR SELECTION OF SAMPLE:
Inclusion Criteria:
- Who are able to read Hindi
- Who are willing to participate in the Study?

Exclusion Criteria:
- Women who are not willing to participate in the study.

DESCRIPTION OF THE TOOL:
In this study, the investigator has prepared tool comprising of 2 sections.

- **Section -I** Socio-demographic data was prepared by the investigator.
- **Section-II** Self structured knowledge questionnaires regarding knowledge and prevention of osteoporosis was prepared by the investigator to assess the knowledge of the women.

The Tool was exclusively prepared after an extensive review of literature of the present study, questionnaires derived from the previous studies and the investigator’s personal experience. The Tool has been developed considering the reliability, feasibility and content validity.

SECTION-I: SOCIO DEMOGRAPHIC VARIABLE
The items included in the first draft were of 08 items for obtaining information about the selected baseline data about the women. The socio-demographic includes age, education, marital status, monthly family income, habits, source of knowledge, diet and religion.

SECTION –II: SELF STRUTURED KNOWLWDEGE QUESTIONNAIRE:
Multiple choice questionnaires having three distracters with one correct answer was constructed. It consist of 30 items were retained as per subject expert’s suggestions.

The items in the tool were organised under five Domains/Aspects such as:

<table>
<thead>
<tr>
<th>Aspects</th>
<th>Number of items</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Knowledge regarding introduction and definition.</td>
<td>08</td>
</tr>
<tr>
<td>2. Knowledge regarding causes and risk factor.</td>
<td>02</td>
</tr>
<tr>
<td>3. Knowledge regarding sign and symptom.</td>
<td>06</td>
</tr>
</tbody>
</table>
4. Knowledge regarding Diagnostic evaluation 02
5. Knowledge regarding management and prevention. 12

**Scoring pattern:**
For each correct response score “one “will be assigned.
For each wrong answer score “zero” will be assigned.
The total minimum score and maximum score of knowledge assessment found to be zero and 30; respectively.

**Inference was drawn based on the range of score as mentioned below:**

<table>
<thead>
<tr>
<th>Inference</th>
<th>Range of score</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poor</td>
<td>0-6</td>
<td>(&lt;20%)</td>
</tr>
<tr>
<td>Below average:</td>
<td>7-12</td>
<td>(23.33-40%)</td>
</tr>
<tr>
<td>Average</td>
<td>13-18</td>
<td>(43.33-60%)</td>
</tr>
<tr>
<td>Good</td>
<td>19-24</td>
<td>(63.33-80%)</td>
</tr>
<tr>
<td>Very good</td>
<td>25-30</td>
<td>(83.33%&gt;)</td>
</tr>
</tbody>
</table>