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A study to assess the health literacy and barriers to health literacy among health sciences and non-health science members of selected institutes of Udupi district, Karnataka.

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"ABSTRACT

A study to assess the health literacy and barriers to health literacy among the health sciences and non-health science members of selected institutes of Udupi district, Karnataka was conducted by Ms Felcita Lavina Cuthino in partial fulfillment of the requirement for the award of Master of Nursing at the College of Nursing, Manipal Academy of Higher Education, Manipal.

The objectives of the study were to determine the health literacy among health science and non-health science members, to identify the barriers to health literacy among health science and non-health science members and compare the health literacy between health science and non-health science members. The Research variable was Health Literacy. The Demographic variables were Age, gender, religion, education, occupation, nationality, and presence of health professionals in the family. The conceptual framework used for this study was based on modified Baker's Model for Health Literacy developed by David W Baker in the year 2006.

The research approach used for the study was quantitative research and the design used was descriptive survey design. The faculty of selected institutes of Manipal Academy of Higher Education, Manipal (N=230) were the study subjects. The data was obtained by using Demographic Proforma, Health Literacy Questionnaire and tool on perceived barriers to Health Literacy. The content validity of the Demographic Proforma and Tool on Perceived Barriers to Health Literacy was established by obtaining suggestions from nine experts and necessary modifications were made as suggested by experts. The tools were pretested. The reliability of Health Literacy Questionnaire and Tool on Perceived Barriers to Health Literacy was assessed by Cronbach's Alpha among 20 faculty of Manipal College of Nursing and School of

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Information Sciences; reliability of Health Literacy Questionnaire was .95 and the reliability of perceived barriers to Health Literacy was .88. The pilot study was conducted among the 10 faculty of School of Life Sciences and Department of Commerce to assess the feasibility, practicability and to confirm the plan for analysis of the study. The main study was conducted in institutes of Manipal Academy of Higher Education, Manipal.

Necessary administrative permissions were obtained prior to the study. IEC clearance (IEC number: 741/2017) was ensured and informed consent was obtained from participants prior to data collection. The obtained data was analyzed based on the objectives and a hypothesis using both descriptive and inferential statistics. Frequency and percentage was used to describe the sample characteristics and barriers to health literacy. Mean and standard deviation were used to describe the health literacy across nine domains by using SPSS 16 version.

The findings of the present study revealed that, majority of the participants among health science members 54 (47%) and non health science members 50 (43.5%) belonged to age group of 30-39 years. Majority 68 (59.1%) were females among health science members, 63 (54.8%) were males among non health science members. Most of the participants belonged to Hindu religion, among which 86 (74.8%) were from health science and 94 (81.7%) from non health science. Post graduates were more in number among both health science and non health science members, 84 (73%) and 79 (68.7%) respectively. Majority 77 (67%) health science members had health care professionals in their family and 85 (73.9 %) health

science members had attended health education sessions. Majority of the participants did not have chronic illness among health science members 104 (90.4%) and non health science members 105 (91.3%).

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Domain wise analysis of health literacy proved that the health literacy was better among the health science members compared to non-health science members. There was significant difference in health literacy between health science and non-health science members in all domains. The results of independent t test analysis proved that the health literacy among health science members was better in all domains when compared to non health science members.

The standardized difference between means of all domains was estimated using Cohen's d effect size. There was small effect size ($>.2$ to $<.5$) in the domains of Feeling understood and supported by health care providers, Actively managing my health, Social support for health , Ability to actively information engage with healthcare providers. There was medium effect size ($>.5$ to $<.8$) in the domains of Having sufficient information to manage health, Appraisal of health information, Navigating the healthcare system, Ability to find good health information, and Understand the health information well enough to know what to do. This shows that the difference between the health science and non-health science members was statistically significant.

The mean of barriers to health literacy was more among non-health science members (34.65) when compared to health science members (32.65), inferring that the barriers were more among the non health science members. The top four barriers among health science and non-health science members identified were: Home remedies are preferred to medicines for minor ailments, failure to meet doctors due to the job timings, inability to take care of self due to busy working hours and priority for the health of family members than one's own health."