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## A study to assess the effect of video assisted teaching on knowledge and attitude regarding prevention of head injury among young adults in selected colleges of Guwahati, Assam, India

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The young adults need to be aware of head injury and its preventive aspects. They need to understand the causes of head injury, risk factors and its application of preventive measures. It is of utmost importance and urgent need to aware and motivates young adults to practice preventive measures of head injury. The purpose of the study was to assess the effect of video assisted teaching on knowledge and attitude regarding prevention of head injuries among young adults. The study sample consists of 50 young adults from different colleges of Guwahati, Assam. The method and material used self-administered questionnaires and four-point Likert Scale. The study reveals that before the intervention the knowledge score was 58% having inadequate knowledge and none of them had adequate knowledge but after the intervention 70% of them had adequate knowledge and none of them had inadequate knowledge. Again, before the J Pain Relief intervention the score was 21% having inadequate attitude and none of them were having adequate attitude. After the intervention the 32% were having adequate attitude and 4% of them had inadequate attitude. The study revealed, there is a significant relationship between knowledge and attitude and found association in pretest knowledge score of the young adults on prevention of head injury with their gender and the pretest attitude score on prevention of head injury with their age and educational qualification. The study revealed that the video assisted teaching was effective and it improved their knowledge and attitude on prevention of head injury.

### Biography

Barasa Das is pursuing PhD in Nursing and working as an Assistant Professor in International Hospital College of Nursing, Assam, India. She has also passed Post Graduate Diploma in Health and Hospital.

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