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Effectiveness of a structured teaching programme on knowledge regarding organ donation among students of selected colleges in Distt. Mandi, (H.P.)

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Abstract

Organ donation is a life-saving medical procedure that offers hope to thousands of patients suffering from end-stage organ failure. According to the World Health Organization (WHO), organ transplantation is one of the greatest advances in modern medicine, but the global shortage of organ donors remains a major public health concern. In India, despite medical advancements, the rate of organ donation is still critically low compared to other countries, largely due to a lack of awareness, misconceptions, and cultural or religious beliefs. Students, being future healthcare professionals, decision-makers, and influencers in society, hold the potential to reshape community attitudes through knowledge and advocacy.

Objectives: To evaluate the effectiveness of a structured teaching programme on knowledge regarding organ donation among students. To determine the association between selected socio-demographic variables and the level of knowledge regarding organ donation.

Material and Method: A quasi-experimental pre-test post-test design was used. The study was conducted among 120 students selected through purposive sampling from selected colleges in District Mandi (H.P.). The students were divided equally into experimental and control groups. Data were collected using a structured knowledge questionnaire. A structured teaching programme was implemented in the experimental group after the pre-test, followed by a post-test after 7 days. Descriptive and inferential statistics were used for data analysis.

Result: The mean post-test knowledge score in the experimental group was 23.22 (±3.765) compared to the control group 12.10 (±4.898). The difference was statistically significant ($p<0.05$), indicating the effectiveness of the teaching programme. There was a significant association between knowledge scores and selected socio-demographic variables like mother's education, mother's occupation, and monthly income ($p<0.05$).

Conclusion: The study concluded that the structured teaching programme significantly improved students' knowledge regarding organ donation. Awareness campaigns and educational interventions are essential to promote organ donation, especially among young adults.

Keywords: Organ donation, knowledge, world health organization (WHO)

Introduction

Organ transplantation stands as one of the most remarkable achievements in modern medical science, offering a second chance at life to individuals suffering from end-stage organ failure. The process of organ donation, whereby healthy organs and tissues are transplanted from a donor to a recipient, has emerged as a life-saving and life-enhancing procedure for a wide range of critical illnesses. Despite its proven effectiveness, the success of organ transplantation is heavily dependent on the availability of donors, which remains critically low, especially in countries like India.

Organ donation can be categorized into living and deceased (cadaveric) donation. While living donations are more common for organs such as kidneys and a portion of the liver, most life-saving transplants require organs from brain-dead donors. However, societal misconceptions, cultural beliefs, religious myths, emotional resistance, and lack of awareness continue to pose significant challenges to the acceptance and practice of organ donation in India. These barriers can be mitigated through public education and attitudinal change, especially among the younger population who represent the future of societal leadership.

According to the World Health Organization (WHO), the global burden of organ failure is increasing due to rising rates of lifestyle-related diseases such as diabetes, hypertension, liver cirrhosis, and heart disease. In India, it is estimated that nearly 5 lakh people die annually due to non-availability of organs, with 2 lakh requiring kidneys, 50,000 needing heart transplants, and over 1 lakh requiring liver transplants. Despite this demand, the deceased organ donation rate in India remains at a dismal 0.52 per million population, compared to over 30 per million in countries like Spain and the USA.

India's low donation rate is further affected by lack of knowledge, unprepared healthcare systems, underreporting of brain death, and legal hesitancy. Even though the Transplantation of Human Organs and Tissues Act (THOTA), 1994 and the role of organizations like NOTTO,

ROTTO, and SOTTO have laid a legal and structural foundation for organ donation, community awareness and voluntary registration remain limited.

Among various population groups, college students represent a particularly important demographic. Being in a formative and intellectually receptive phase of life, they are capable of understanding complex issues and acting as powerful agents of change. However, multiple studies and surveys suggest that their knowledge and awareness regarding organ donation are inadequate or influenced by misconceptions. By enhancing their understanding and shaping their attitudes, we can foster a generation that is informed, empathetic, and willing to participate in lifesaving practices like organ donation.

Need of the study

Organ donation is one of the most significant medical advancements of the 20th and 21st centuries, offering hope and life to individuals suffering from irreversible organ failure. Despite the increasing demand for organs, the supply remains critically low in many parts of the world, especially in developing countries like India. This shortage continues to result in thousands of preventable deaths each year. The gap between the number of organs needed and the number actually available is a matter of growing public health concern.

India faces a severe deficiency in both awareness and willingness to donate organs. As per reports from the National Organ and Tissue Transplant Organization (NOTTO), over 5 lakh people die annually in India due to the unavailability of suitable organs. The deceased organ donation rate in India is approximately 0.52 per million population, compared to over 30 in countries like Spain and the United States. This data highlights the urgent need for widespread organ donation awareness and public education efforts.

Multiple factors contribute to low organ donation rates in India, including lack of awareness, social myths, religious misconceptions, legal uncertainties, and emotional resistance. The majority of the population remains uninformed about the difference between living and deceased organ donation, brain death criteria, legal rights, and how to register as a donor. Furthermore, the sensitive nature of the topic often prevents open discussion within families and communities.

Hence, the present study is undertaken to assess the effectiveness of a structured teaching program on knowledge regarding organ donation among students of selected colleges at District Mandi (H.P.), with the goal of promoting positive health behavior and contributing to the national organ donation mission.

Objectives

1. To assess the pre-test level of knowledge regarding organ donation among students of selected colleges in experimental and control group.
2. To evaluate the effectiveness of structured teaching program on knowledge regarding organ donation among students of selected colleges in experimental group.
3. To find out the association of knowledge score regarding organ donation among students with their selected socio-demographic variables in experimental and control group.

Conceptual framework

Theoretical framework used for the present study is based on the modified J.W. Kenny's open system model. The present study is guided by the Modified Open System Model developed by J.W. Kenny, which views individuals as dynamic systems interacting continuously with their environment. This model is appropriate for nursing education research as it emphasizes input, internal processing, output, and feedback.

- **Input:** Includes participants' demographic characteristics (age, gender, year of study, parental education, income, area of residence, prior exposure) and their baseline knowledge on organ donation assessed through a pre-test.
- **Throughput:** Refers to the internal processing of information via the Structured Teaching Programme (STP) on organ donation. It includes educational content delivered to the experimental group and the students' internal factors such as motivation, learning ability, and prior experiences. The post-test is also part of this evaluative process.
- **Output:** The outcome is the post-test knowledge scores. The experimental group showed a significant gain in knowledge, while the control group did not, indicating the effectiveness of the structured teaching.
- **Feedback:** Collected through comparison of pre- and post-test scores, observations, and student responses. Feedback helped assess the intervention's success and areas needing improvement.

Materials and Methods

Research approach and design: To accomplish the objective of the present study a quantitative approach, Quasi-experimental research design /non- randomized controlled trail design was used to assess the knowledge among students.

Research setting

The present study conducted in selected colleges at Distt. Mandi H.P. Present study was conducted among college students of Abhilashi College of Education Nerchowk, District Mandi, Lalgee B.ed. College Gutkar, District Mandi, Vijay Memorial College of Education Brahal, District Mandi, Krishma Educational Center Dadour, District Mandi.

Sample and sampling technique: Sample consists of 120 students under selected settings. Non- probability purposive sampling technique was adopted for the study.

Criteria for sample selection

Inclusion criteria

The student who were,

- Willing to participate.
- Available during the time of data collections

Exclusion criteria

The student who:

- Had already participated in same type of study

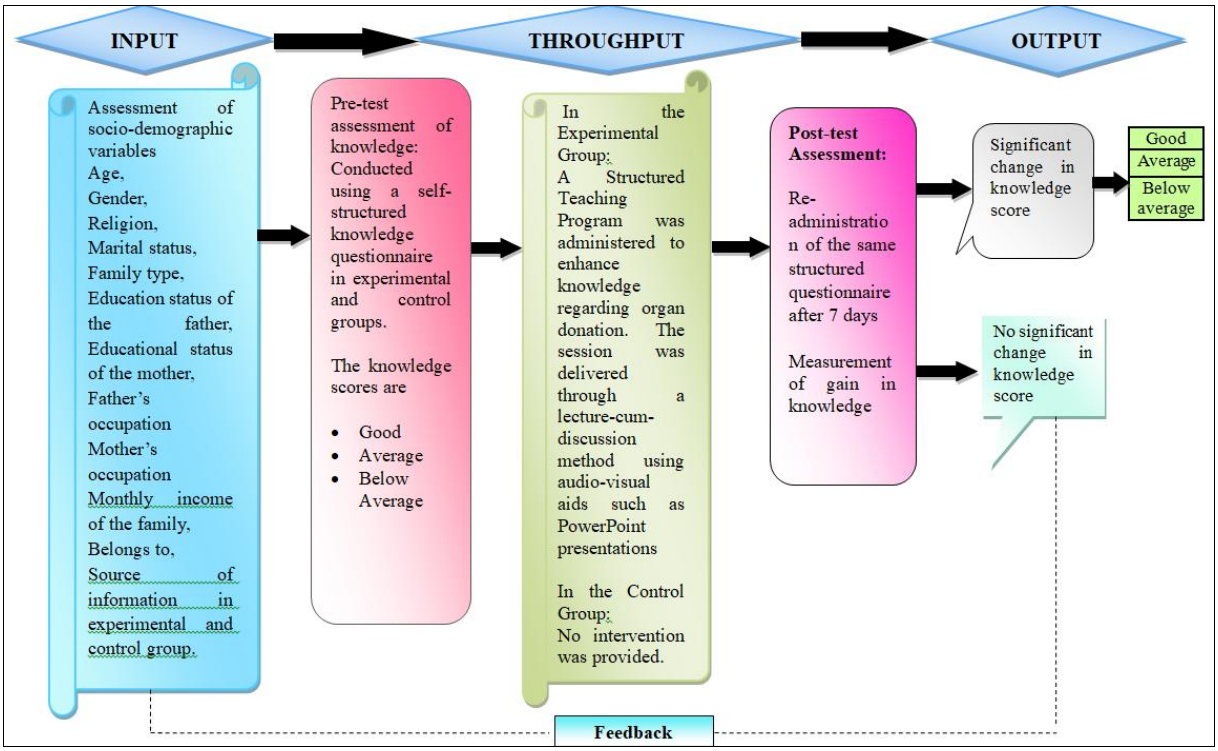

Fig 1: Conceptual framework based on modified J.W KENNY'S Open System Model

Research variables

- **Independent variable:** Structured teaching programme regarding Organ donation.
- **Dependent variable:** Knowledge regarding organ donation among college Students.
- **Socio- Demographic variables:** The socio-demographic variables in the present study was age, gender, religion, course of study, type of family, educational status of the mother, educational status of the father, occupational status of the mother, occupational status of the father, family monthly income, area of residence, previous knowledge regarding organ donation, history of organ donation in family.

Validity of tool

The content validity of the tool was determined by the expert's opinion on the relevance of items. These experts were from the specialty of Medical Surgical Nursing. The suggestions were incorporated after consultation with the research supervisor. The self-structured knowledge questionnaire was finalized with 30 items for assessment of knowledge regarding organ donation among college students. The self-structured knowledge questionnaire was prepared in English by language experts for the purpose of data collection.

Criterion measure for Knowledge

Criteria measure of knowledge score		
Category score	**Pre experimental**	**Pre control**
Good (21-30)	0(0%)	2(3.3%)
Average (11-20)	34(56.7%)	19(31.7%)
Below Average (0-10)	26(43.3%)	39(65%)
Maximum=30 Minimum =0		

Pilot study

The pilot study was conducted in the month of June, 2025, to determine the reliability of the tool and feasibility of the study. The study was conducted in Nobel College of Education Pandoh, District Mandi, Himachal Pradesh after seeking the permission from principal of the college. Pilot Study was conducted on 10 samples: 5 in each experimental group and in control group. Written informed consent was taken from each student and prior instructions were given to students. Pre-test knowledge of both groups was assessed by self-structured knowledge questionnaire. Structured Teaching Programme was given for 45 minutes only to experimental group. After seven days, post-test knowledge of both groups was assessed with the help of same self-structured knowledge questionnaire.

Reliability of tool

It is the degree of consistency or accuracy with which an instrument measures the attribute it is designed to measure. Reliability was obtained by test retest method and was calculated by Karl's Pearson co-efficient of co-relation formula. The reliability of tool was 0.79, which indicated tool was reliable.

Data collection procedure

The data collection procedure of the study was carried out in June 2025. The investigator, prior to commencing the task of data collection by taking formal permission from the higher authorities from selected colleges of district Mandi namely Abhilashi College of Education Nerchowk, District Mandi, Lalgee B.ed. College Gutkar, District Mandi, Vijay Memorial College of Education Brahal, District Mandi, Krishma Educational Center Dadour, District Mandi. Data was collected from college students from selected colleges of Mandi by using self-structured knowledge questionnaire

related to organ donation. The researcher had taken written informed consent from the college students. (The researcher introduced herself to the respondents and explained the purpose of gathering the information. On the first day pre-test was taken from control group and experimental group by using self-Structured Knowledge questionnaire related to organ donation and structured teaching programme was administered to experimental group and on the seventh day of post-test was taken from both experimental and control group by using self-Structured Knowledge questionnaire.

Ethical consideration

Written permission were taken from

- Prinicipal of Abhilashi College of Nursing Tanda, Mandi, H.P.
- Ethical committee of Abhilashi College of Nursing Tanda, Mandi, H.P.
- Principals of Abhilashi College of Education Nerchowk, Lalgee B.ed. College Gutkar, Vijay Memorial College of Education Brahal, Krishma Educational Center Dadour, Distt. Mandi, H.P.

An Informed written consent was taken from college students.

Confidentiality and anonymity of each study sample was maintained throughout the study.

Organization and presentation of data

Data analysis and interpretation of data was done according to the objectives of the study. Analysis was done by using descriptive and inferential statistics.

- **Section I:** Distribution of selected socio-demographic variables
- **Section II:** Knowledge score among the students regarding organ donation in selected colleges of Distt. Mandi (H.P.)
- **Section III:** Comparison between the pre-test and post-test knowledge among experimental and control group.
- **Section IV:** Association of knowledge score regarding organ donation among students with their socio-demographic variables in experimental and control group.

Section-I

Distribution of Socio-demographic variables

Table 1: Frequency and Percentage Distribution of socio-demographic variable among students of selected colleges of Distt. Mandi H.P. N=120

Sr. No.	Sociodemographic variables	Experimental Group (n=60) (f) (%)	Control group (n=60) (f) (%)
1.	**Age (in years)**		
	1.1 18-19 years	0(0.0%)	2(3.3%)
	1.2 20-21 years	40(66.7%)	47(78.3%)
	1.3 22-23 years	10(16.7%)	7(11.7%)
	1.4 24 years and above	10(16.7%)	4(6.7%)
2.	**Gender**		
	2.1 Male	33(55.0%)	26(43.3%)
	2.2 Female	27(45.0%)	34(56.7%)
3.	**Religion**		
	3.1 Hindu	57(95.0%)	57(95.0%)
	3.2 Sikh	3(5.0%)	3(5.0%)
4.	**Marital status**		
	4.1 Married	5(8.3%)	10(16.7%)
	4.2 Unmarried	55(91.7%)	50(83.3%)
5.	**Family type**		
	5.1 Nuclear family	30(50.0%)	50(83.3%)
	5.2 Joint family	30(50.0%)	10(16.7%)
6.	**Educational status of the father**		
	6.1 No formal education	1(1.7%)	3(5.0%)
	6.2 Primary education	8(13.3%)	7(11.7%)
	6.3 Higher secondary education	36(60.0%)	42(70.0%)
	6.4 Graduate and above	15(25.0%)	8(13.3%)
7.	**Educational status of the mother**		
	7.1 No formal education	3(5.0%)	9(15.0%)
	7.2 Primary education	45(75.0%)	44(73.3%)
	7.3 Higher secondary education	11(18.3%)	7(11.7%)
	7.4 Graduate and above	1(1.7%)	0(0.0%)
8.	**Father's occupation**		
	8.1 Unemployed	3(5.0%)	2(3.3%)
	8.2 Self-employed	17(28.3%)	21(35.0%)
	8.3 Private employee	21(35.0%)	27(45.0%)
	8.4 Govt. employee	19(31.7.0%)	10(16.7%)
9.	**Mother's occupation**		
	9.1 Home maker	48(80.0%)	48(80.0%)
	9.2 Self-employed	8(13.3%)	7(11.7%)
	9.3 Private employee	2(3.3%)	2(3.3%)
	9.4 Govt. employee	2(3.3%)	3(5.0%)

10.	**Monthly income of the family**		
	10.1 ≤10,000	11(18.3%)	2(3.3%)
	10.2 10,001-20,000	4(6.7%)	9(15.0%)
	10.3 20,001-30,000	19(31.7%)	23(38.3%)
	10.4 ≥ 30,001	26(43.3%)	26(43.3%)
11.	**Belongs to**		
	11.1 Rural	49(81.7%)	55(91.7%)
	11.2 Urban	11(18.3%)	5(8.3%)
12.	**Have any knowledge regarding Organ donation, if yes then specify the source**		
	12.1 No	48(80.0%)	48(80.0%)
	12.2 Mass-media	9(15.0%)	9(15.0%)
	12.3 Peer groups	2(3.3%)	2(3.3%)
	12.4 Others	1(1.7%)	1(1.7%)

Table 1 shows the frequency and percentage distribution of subjects in both groups according to their socio-demographic variables. The majority of participants in both experimental and control groups were aged 20-21 years and most were unmarried and Hindu. In the experimental group, 55% were male, while in the control group 56.7% were female. Most participants belonged to nuclear families, had primary or higher secondary education, and mothers were largely homemakers. The majority had a monthly income above ₹30,001, resided in rural areas, and 80% had no prior knowledge regarding organ donation, with mass media being the main source among those aware.

Section-II

Pre-test level of knowledge score regarding organ donation among students of selected colleges both in experimental and control group

Table 2: Showing Frequency & Percentage distribution of pre-test knowledge score in Experimental and Control Group. N=120

Pre-test knowledge score		
Criteria measure	**Experimental group (n=60)**	**Control group (n=60)**
Good (21-30)	0(0%)	2(3.3%)
Average (11-20)	34(56.7%)	19(31.7%)
Below average (0-10)	26(43.3%)	39(65%)
Maximum=30 Minimum =0		

Table 2 illustrates the distribution of pre-test knowledge levels among students in both the experimental and control groups. In the experimental group (N=60), the majority of participants, 34 (56.7%), had average knowledge regarding organ donation. This was followed by 26 (43.3%) participants who had below average knowledge. Whereas in the control group (N=60), the majority of participants, 39 (65%), had below average knowledge. This was followed by 19 (31.7%) participants who had average knowledge, and only 2 (3.3%) who demonstrated good knowledge.

Table 3: Comparison of descriptive statistics of pre-test knowledge score between experimental and control Group of knowledge. N=120

	Descriptive Statistics	Mean	Mean%	Median	Range	SD
Pretest	Experimental group	11.07	36.89	11	15	3.215
	Control group	10.63	35.44	9	17	4.178

Maximum=30
Minimum=0

Table 3 revealed that in experimental group (pre- test), mean score and SD score of knowledge score among subjects i.e. mean score ± S.D 11.07 ± 3.215, indicating low knowledge levels before the intervention. The median score was 11 and range is 15. The mean percentage was 36.89%, reflecting a need for improvement.

Where as In Control Group (Pre-Test) mean score and SD score of knowledge score among subjects i.e. mean score ± S.D 10.63 ± 4.178, showing similarly low knowledge levels and slightly higher variability. The median score was 9, and s range is 17. The mean percentage score was 35.44%, indicating comparable baseline knowledge to the experimental group.

Table 4: Showing Frequency and Percentage distribution of post-test knowledge score in Experimental and Control Group. N=120

Posttest knowledge score		
Criteria measure	**Experimental group (n=60) F (%)**	**Control group (n=60) F (%)**
Good (21-30)	44(73.3%)	4(6.7%)
Average (11-20)	16(26.7%)	39(65%)
Below average (0-10)	0(0%)	17(28.3%)
Maximum=30 Minimum =0		

Table 4 shows that in the experimental group, a majority (73.3%) of participants scored in the good category, and the remaining (26.7%) were in the average range. Whereas in the control group had only 6.7% in the good category, while most (65%) remained average, and 28.3% still scored below average.

Table 5: Comparison of descriptive statistics of post-test knowledge score between experimental & control group of knowledge. N=120

	Descriptive Statistics	Mean	Mean%	Median	Range	SD
Posttest	Experimental group	23.22	77.39	24	14	3.765
	Control group	12.10	40.33	12	19	4.898

Maximum=30
Minimum=0

Table 5 revealed that in experimental group (post - test), mean score and SD score of knowledge score among subjects i.e. mean score ± S.D 10.63 ± 3.765, indicating high knowledge levels with low variability among participants. The median score was 24, and range is 14. The mean percentage score was 77.39%, reflecting a strong impact of the intervention. Where as in control group (post-test) mean score and SD score of knowledge score among

subjects i.e. mean score ± S.D 12.10 ± 4.898, showing relatively low knowledge and greater variability. The median score was 12, and s range is 19. The mean percentage score was 40.33%, indicating limited improvement without the intervention.

Section III

To evaluate the effectiveness of structured teaching programme on knowledge regarding organ donation among students of selected colleges in experimental group.

Table 6: Showing difference in pre-test and post-test knowledge score in experimental and control group. N=120

		Knowledge Score				Paired t test	
		Pre-test		Post-test			
Group	n	Mean	SD	Mean	SD	df	't'
Experimental Group	60	11.07	3.215	23.22	3.765	59	18.730*
Control Group	60	10.633	4.178	12.10	4.898	59	1.758
Unpaired t Test	df	118		df	118		
	't'	0.637		't'	13.939*		

Maximum = 30 Significant at $p<0.05$ level
Minimum = 0

Table 6 depicts the comparative analysis of knowledge scores between the experimental and control groups using unpaired t-test, with the maximum possible score being 30 and the minimum 0.

In the pre-test, the mean knowledge score of the experimental group was 11.07 ± 3.215, while the control group had a mean score of 10.633 ± 4.178. The unpaired t-test yielded a t-value of 0.637 with 118 degrees of freedom, and the p-value was 0.526, indicating that the difference in pre-test knowledge scores between the two groups was not statistically significant. This suggests that both groups had a comparable baseline level of knowledge regarding the subject.

In the post-test, the mean knowledge score of the experimental group significantly increased to 23.22 ± 3.765, whereas the control group had a mean post-test score of only 12.10 ± 4.898. The unpaired t-test showed a t-value of 13.939 with 118 degrees of freedom, and a p-value less than 0.001, indicating a highly statistically significant difference between the groups after the intervention.

Section-IV

Association of knowledge score regarding organ donation among students with their selected socio-demographic variables both in experimental and control group

Table 7: Table Showing association of knowledge score regarding organ donation among students with their selected socio-demographic variables in experimental group, N=60

Demographic Variable		Association of knowledge score with demographic variables (post knowledge) experimental group				
Sr. No.	Variables	Good	Average	df	χ^2	P value
1	Age (in years)					
	1.1 20-21 years	28	12	2	0.682	0.711
	1.2 22-23 years	8	2			
	1.3 24 years and above	8	2			
2.	Gender					
	2.1 Male	23	10	1	0.496	0.481
	2.2 Female	21	6			
3.	Religion					
	3.1 Hindu	43	14	1	2.584	0.108
	3.2 Sikh	1	2			
4.	Marital status					
	4.1 Married	4	0	1	0.124	0.725
	4.2 Unmarried	40	1			
5.	Family type					
	5.1 Nuclear family	21	15	1	0.341	0.559
	5.2 Joint family	23	0			
6.	Educational status of the father					
	6.1 No formal education	1	0	3	0.398	0.941
	6.2 Primary education	6	9			
	6.3 Higher secondary education	26	7			
	6.4 Graduate and above	11	0			
7.	Educational status of the mother					
	7.1 No formal education	33	0	**3**	10.351	0.016*
	7.2 Primary education	10	2			
	7.3 Higher secondary education	1	10			
8.	Father's occupation					
	8.1 Unemployed	3	4	3	1.197	0.754
	8.2 Self-employed	12	3			
	8.3 Private employee	15	12			
	8.4 Govt. employee	14	1			
9.	Mother's occupation					
	9.1 Home maker	38	0	3	9.290	0.026*
	9.2 Self-employed	4	0			

	9.3 Private employee	2	5			
	9.4 Govt. employee	0	6			
10.	**Monthly income of the family**					
	10.1 ≤10,000	4	5	3	10.184	0.017*
	10.2 10,001-20,000	4	10			
	10.3 20,001-30,000	15	4			
	10.4 ≥ 30,001	21	0			
11.	**Belongs to**					
	11.1 Rural	35	2	1	0.496	0.481
	11.2 Urban	9	7			
12.	**Have any knowledge regarding Organ donation, if yes then specify the source**					
	12.1 No	37	0	3	5.277	0.153
	12.2 Mass-media	5	4			
	12.3 Health personnel	0	5			
	12.4 Peer groups	2	14			
	12.5 Others	0	2			

Significant (*): ($p \leq 0.05$)

Table 7 presents the association between the post-test knowledge scores on organ donation and selected socio-demographic variables among the participants in the experimental group.

As the results of the χ^2 test revealed that a statistically significant association was found between post-test knowledge scores and the following demographic variables: Educational status of the mother ($\chi^2 = 10.351$, $p = 0.016$),Mother's occupation ($\chi^2 = 9.290$, $p = 0.026$), Monthly income of the family ($\chi^2 = 10.184$, $p = 0.017$).This indicates that participants whose mothers had higher education levels, were employed, or belonged to higher income groups demonstrated significantly better knowledge scores post-intervention. These variables were significant at $p \leq 0.05$.

Discussion

In the present study, the findings revealed that in the experimental group, the majority of participants (66.7%) belonged to the 20-21 years age group, 55% were male, and 50% belonged to nuclear families. Most of the participants (60%) reported that their fathers had higher secondary education, while 75% of mothers had primary education. Regarding occupation, 35% of fathers were private employees, and 80% of mothers were homemakers. A significant proportion (43.3%) of families had a monthly income above ₹30,001, and 81.7% of students resided in rural areas. Most students (80%) reported having no prior knowledge of organ donation, and among those who were aware, the main source of information was mass media (15%), followed by peer groups (3.3%) and others (1.7%).

In the control group, the majority of students (78.3%) were aged 20-21 years, 56.7% were female, and 83.3% belonged to nuclear families. In terms of parental education, 70% of fathers had higher secondary education, while 73.3% of mothers had primary education. Regarding occupation, 45% of fathers were private employees, and 80% of mothers were homemakers. Most families (43.3%) reported a monthly income above ₹30,001, and 91.7% of students were from rural areas. A majority (80%) had no previous knowledge about organ donation, and among those who had awareness, mass media (15%) remained the most common source, followed by peer groups (3.3%) and others (1.7%).

The first objective of the study was to assess the pre-test level of knowledge regarding organ donation among students of selected colleges in both groups. The findings revealed that in the experimental group (n=60), the majority, 39 (65%), had average knowledge, 9 (15%) had good knowledge, and 12 (20%) had poor knowledge. In the control group (n=60), the majority, 46 (76.7%), had average knowledge, followed by 6 (10%) with good knowledge and 8 (13.3%) with poor knowledge.

The second objective was to evaluate the effectiveness of the structured teaching programme on knowledge regarding organ donation among students. The findings showed that in the experimental group (n=60), the majority, 44 (73.3%), had good knowledge (scores 21-30), followed by 16 (26.7%) with average knowledge (scores 11-20), and none had poor knowledge (scores 0-10). In contrast, in the control group (n=60), the majority, 39 (65%), had average knowledge, 17 (28.3%) had poor knowledge, and only 4 (6.7%) had good knowledge after the intervention.

The third objective was to determine the association between knowledge scores and selected socio-demographic variables. The Chi-square test revealed that in the experimental group, the mother's educational status, mother's occupation, and monthly family income had a statistically significant association with post-test knowledge scores ($p \leq 0.05$). In the control group, religion and father's educational status were found to have a significant association with post-test knowledge scores ($p \leq 0.05$).

Conclusion

Findings of the present study revealed that:

- More than half of the subjects had average knowledge regarding organ donation, while only a few demonstrated good knowledge.
- The post-test knowledge scores of the experimental group significantly increased after the administration of the structured teaching program, indicating its effectiveness in enhancing knowledge about organ donation.
- There was a statistically significant difference in the mean post-test knowledge scores between the experimental and control groups, highlighting the impact of educational intervention.
- The knowledge score was also found to have a significant association with selected demographic variables such as the father's education in the experimental group, and age, type of school, and area of residence in the control group.

Recommendations

On the basis of the study that had been conducted, certain suggestions are given for future studies:

1. A similar study can be undertaken on a larger sample to generalize the findings of the study.
2. Regular structured teaching programmes should be conducted by health professionals to enhance knowledge regarding organ donation among students.
3. The study can also be conducted in other college settings, including general and professional colleges.
4. A comparative study can be done to assess knowledge regarding organ donation among students from urban and rural backgrounds.
5. An exploratory study can be done to assess the knowledge and attitudes of the general population regarding organ donation across different districts of Himachal Pradesh.
6. The study can also be conducted in community settings to reach individuals beyond educational institutions and to promote awareness at the grassroots level.

Conflict of Interest

Not available.

Financial Support

Not available.

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