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A Pre-experimental Study to Assess the Effectiveness of Structured Teaching Program Regarding Knowledge about Home Management of Selected Common Illnesses in Pre-school Children among Mothers Residing in Rural Area of Panipat

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Abstract

Background: Child care is mostly responsibility of mothers. Therefore, the mother's knowledge about child care influences the nature and quality of care that is given to the child. Several studies have revealed that the mother's level of education has a positive impact on her knowledge and how she deals with child health care issues.

Aims: To assess the knowledge about home management of common illness.

Method: A one group pre-test post-test pre-experimental design and evaluative approach adopted. The study was conducted among 60 mothers conveniently selected from rural area of Panipat.

Result: The results of the study shows that in pre-test, mothers were having poor knowledge 31.66%, Average knowledge 68.34% and good knowledge 0.00% regarding selected common illness of children and mean score was 11.57 in post-test, poor knowledge is 0.00%, average 41.66% and good knowledge is 58.34% regarding selected common illness of children and means score was 20.77, The post-test mean knowledge score is significantly greater than the pre-test mean knowledge score so structured teaching programme was effective.

Conclusion: This study concluded that structure teaching programme was highly effective in improving knowledge of mothers about home management of common illness in children.

Keywords: *Effectiveness, Structure teaching programme, Knowledge, Home Management of common illness, Pre-school children's mother.*

Introduction

"It is like having an egg on spoon walking with it for life, That is what parents have pushed through the laws of society, Everybody is alert by experience prevention is better than cure" *Moeze lalji*

"Home, Sweet Home" there is no place like home, either in health or in sickness, because the person feels comfortable, secure and more cared. Mother is a key person for assistance in the care of a sick child, especially, in developing countries. During illness, the child is under physical and emotional stress, and is in great need of love, affection, security and relief from discomfort. The best person to take care of the sick child at home is the mother. Children are always happy in their own surroundings and whenever possible sick children should be cared for in their own homes on a scientific base.

The constitution of India authorizes the Government to take measures for the protection of women and children. There are 2.2 billion children in the world. Children below 6 years constitute 17% of the total

population of India is about 17 crores. As compared to other developed countries, infant mortality rate in our country is very high. At the beginning of 1980's 120 out of every thousand newly born children was dying even before completing one year. Despite the global progress in reducing child mortality over the past few decades, an estimated 5.4 million children under age 5 died in 2017 roughly half of those deaths occurred in sub-Saharan Africa. Mortality rates among older children and young adolescents (aged 5-14) also dropped by more than 50 per cent since 1990, yet almost one million children died in this age group in 2017 alone. The global burden of child deaths is a call for urgent and concerted action to further improve the survival chances of the world's children.[1]

According to UNICEF in India diarrhea is a major killer with about 1000 children below 5 years dying every day. Diarrhea is one of the commonest causes of morbidity in children in developing countries.[2]

Fever may occasionally bring about febrile convulsions in up to 130 children under-five years of age.[3]

Every year, more than 10 million children's less than five years of age, die in developing countries. Most of these deaths are preventable and are mainly due to infective etiologies like diarrhea, respiratory tract infections, measles, tuberculosis etc. Apart from malnutrition, the other factors contributing to illness in this in this age group are poor living conditions unsafe drinking water, poor hygiene and overcrowding.[4] In India Diarrheal diseases is a major public health problem among children under the age of five years .health institution up to a third of total pediatric admission are due to diarrheal disease and up to 17% of all death in indoor pediatric patient is diarrhea related.[5]

A sore throat also known as Pharyngitis is normally a symptom of bacterial or viral infection, such as common cold. In around a third of cases. They are more common among children. This is because young people have not built up immunity against many of the viruses and bacterial that can cause sore throat.[6]

A cold is a general term used to a mild viral infection of the nose, throat sinuses and upper airways. It is a self-limiting infection, which means it gets better by itself with the help of home management.[7] A cough is a reflex action to clear your airway of mucus and irritants such as dust and smoke. Coughs have a respiratory tract infection caused by a virus, such as the common cold, flu or bronchitis.[8]

Statement of the Problem: "A Pre-experimental study to assess the effectiveness of structured teaching program regarding knowledge about home management of selected common illnesses in pre-school children among mothers residing in rural area of Panipat".

Objectives of the Statement:

- To assess the pre and post test knowledge regarding home management of selected common illnesses in pre-school children among mothers residing in rural area of Panipat.
- To assess the effectiveness of structured teaching program regarding home management of selected common illnesses in pre-school children among mothers residing in rural area of Panipat.
- To associate pre-test knowledge regarding home management of selected common illnesses in pre-school children among mothers with their selected socio-demographic variables.

Hypothesis: All the hypothesis will be tested at $P < 0.05$ level of significance.

H_1: The mean post knowledge score regarding home management of selected common illnesses in pre-school children among mothers is significantly higher than their mean pre-test knowledge score.

Assumptions:

- Mothers of pre-school children will have inadequate knowledge regarding home management of common illnesses.
- Structure teaching program will enhance the knowledge of mothers regarding home management of selected common illnesses.

Ethical Consideration:

- Formal permission will be obtained from the concerned authorities.
- Informed written consent will be obtained from the sample enrolled for the study.
- All the information collected will be kept confidential.

Operational Definitions:

Assess: It refers to statistical measurement of

knowledge regarding management of common illness in pre-school children's.

Effectiveness: Improvement in knowledge regarding management of common illness in pre-school children's after planed teaching program in mother measured by self-structured questionnaire.

Structure teaching program: It refer to systematic and scientific information related to home management of selected common illness which will be in form of structure teaching program.

Knowledge: It refers to the understanding of mothers regarding management of common illness in pre-children.

Mothers: It refers to the women who are having children between the age of 3-5 years.

Home Management: Traditional procedures followed at home by mothers in treating the health problem of Pre-school children.

Common Illness: Common illnesses are ones that can be treated in home without any medication and cause no lasting harm. The common illnesses are diarrhea, cold, sore throat, fever, constipation, and cough, nausea and vomiting.

Pre-school Children: It refers to children between the ages of 3-5 years.

Research Methodology:

Research Variables: A concept which can be taken on different qualitative values as variables.

Independent Variables: According to the variable is that believed to influence the behavior and ideas.

The independent variable in the present study is structured teaching program on home management of common illness.

Dependent Variables: It is the variable the researcher is interested in understanding, explaining and preceding. The dependent variable in the present study is knowledge of mother regarding home management of common illness.

Demographic Variables: Demographic variables such as age of mother, education of mother and father, occupation, types of the family, family monthly income, number of children, number of children under-five.

Research Setting: Setting is the typical location and condition in which data collection takes place.

The present study will be conducted at selected rural area Baroli, Panipat.

Population: The entire set of individual having the same common characteristics.

The population included in the study is mothers residing in rural area Panipat.

Target Population: Mother having 3-5 years children.

Sample and Sampling Technique: It refers to the process of selection a portion of the population to represent the entire population.

- **Sample:** Mothers of pre-school children.
- **Sample Size:** The sample size of the study is 60 mothers of pre-school children.
- **Sample Technique:** Non probability convenient sampling technique was used.

Criteria for the Sampling Technique:

Inclusive criteria:

Mothers who are:

- Having children 3-5 years.
- Willing to participate in the study.
- Available at the time of data collection.

Exclusion criteria:

The study excludes mothers who were not:

- Having children of 3-5 years.
- Willing to participate in the study.
- Available at the time of data collection.

Data Collection Method: A self-structured Questionnaire will be developed and used for collecting the date. It consists of two parts.

Section 1: It deals with socio demographic profile.

Section 2: It deals with the tool related to knowledge regarding home management of selected common illnesses in pre-school children among mothers.

Tools: Selected socio-demographic variable. Self-structured questionnaire.

Validation of Tool: It is the extent to which an instrument accurately reflects the abstract construct being examined.

Content Validity: The content validity of the tool will be confirmed by three nursing experts and two doctors.

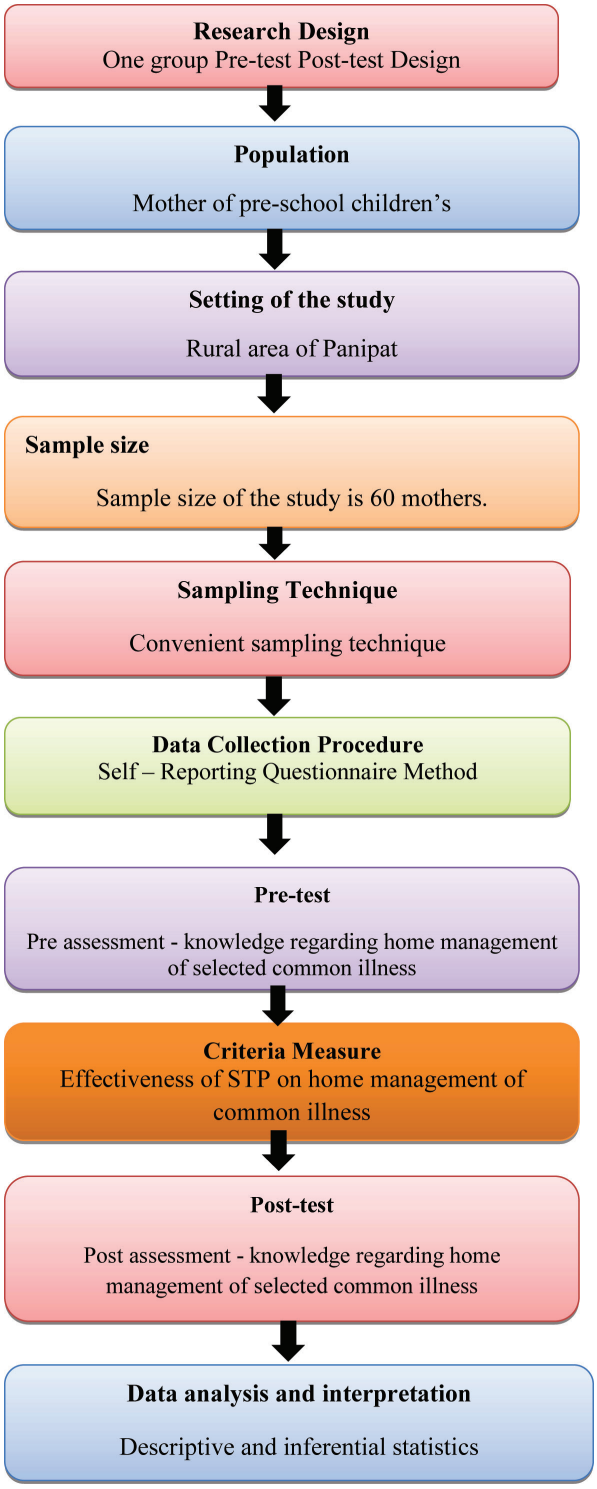

Figure 1: Schematic Representation of Research Methodology Data Analysis & Interpretation

- **Objective–I:** To assess the pre and post- test knowledge regarding home management of selected common illnesses in pre-school children among mothers residing in rural area of Panipat.
- With regard to pre –test knowledge. Majority of the samples 41 (68.34%) were having average knowledge. Poor knowledge was present among 19 (31.66%). None of the samples were with good knowledge.
- **Objective-II:** A study was to evaluate the effectiveness of structured teaching programme regarding home management of selected common illnesses in pre-school children among mothers residing in rural area of Panipat.
- The pre –test mean value was 11.57 and the post–test mean value was 20.77. their difference was 9.2. the standard deviation value in pre –test and post–test was 1.854 and 2.012 respectively. The 't' test value was 32.390 for the degree of freedom. It was found statistically significant at 'P' value of 0.000.
- Hence it was proved that there is a significant difference in level of knowledge between pre –test and post–test. This shows the effectiveness of structured teaching programme.
- **Objective-III:** Find the association between the pre-test knowledge scores with their selected socio demographic variables.

The shows that none of the sociol demographic variables have statistically significant association with pre –test level of knowledge.

Major Findings of the Study: Frequency and percentage distribution of samples according to socio–demographic variables shows the following findings.

- With regard to age majority of the samples 36 (60.00%) were in age between 20 –25 years. Samples in 26 –30 years of age were 21 (35.00%). Very few samples 3 (5.00%) were in age between 31 –35 years.
- Father's education of the samples shows that little less than one –half of the samples 29 (48.33%) were having 6^{th} –12^{th} standard of education, followed by them graduates and above were 23 (38.34%). Less number of samples was illiterate 8 (13.33%). None of them had primary education.

- Mother's education of the samples shows that little less than one –half of the samples 29 (48.33%) were having 6^{th} –8^{th} standard education, followed by them those who had primary education were 27 (45.00%). Few samples 3 (5.00%) were illiterates and only one sample had graduate and above education.
- With regard to father's occupation little above one –half of the samples 31 (51.66%) were doing private job. One fourth of the samples 15 (25.00%) were labourer's. Businessmen's were 9 (15.00%) and government servants were 5 (8.34%).
- Mother's occupation depicts that an overwhelming majority of the samples were housewives 57 (95.00%), samples mother who were doing private job were very little 3 (5.00%). None of the mothers of samples were labourer and govt servants.
- With regard to the type of family of the samples Majority of them 36 (60.00%) were belongs to joint family. Rest of them 14 (40.00%) were belongs to nuclear family.
- Family income of the samples shows that 24 (40.00%) of the total samples had income between 5001 –10000 Rs. The second highest number of samples 19 (31.68%) were having monthly income of less than 5000 Rs.
- Little less than one half of the samples 29 (48.34%) had one children, those who had two children were 23 (38.33%). Less number of samples 7 (11.62%) had three children.
- With regard to number of under-five children an overwhelming majority of the sample 50 (80.33%) were having only one child. Those who had two children were 10 (16.67%).

Delimitations:

- The study is limited to those living in rural area of Panipat.
- All the mothers were not participating in the study.
- The study contains home care management of selected health problems only.

Nursing Implication: The current study findings have implications in all the field of nursing like nursing practice, nursing education, nursing administration and nursing research. The implications can be discussed as follows:

Nursing Practice: Nurses can arrange some educational sessions like educational exhibition and demonstration for the mothers as well as antennal mothers for improving their knowledge and quality of care. Nurses working in the community could collaborate with the anganwadi workers to improve the Knowledge of mothers on prevention and home management of common illness and provide improved child care.

Nursing Education: Nurses at post graduate level need to develop skills in preparing various teaching method in various specialized areas at the level of mothers. Nurse educators can arrange the interactive method with the mother who has children with history of common illness for easy understanding of how to care children with common illness. Making use of advanced technology like LCD projector and power point presentations not only improve the performance of teacher but also help the mothers to understand very easily and can develop their interest in teaching.

Nursing Administration: The present study has proven effectiveness of health education enhancing the Knowledge of mothers with reference to prevention and home management of common illness. So the nurse administrator can take initiative to provide facilities to conduct research such educational programs in the hospital as well as in community.

Nursing Research: The study helps the nurse researcher to develop insight into the development of teaching module and material for mothers with reference to prevention and home management of common illness for improving their knowledge and quality of home care. One of the aims of nursing research is to contribute the knowledge to the mothers, to improve the quality of living. This is possible only if nurses take initiative to conduct the further research.

Recommendations:

- Similar study can be done with control group.
- The study can be replicated in different settings.
- Large sample size can be used for the study.
- Comparative study can be conduct.

Conclusion

From this study finding, it was concluded that structured teaching programme was effective in improving the knowledge of mothers about home management of common illness in pre-school children.

Ethical Clearance: Taken from Research Committee ved nursing college .

Source of Funding: Self

Conflict of Interest: Nil

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