

A Study to Assess the Effectiveness of Structured Teaching Program on Knowledge Regarding Prevention and Home Management of Diarrhoea among the Mothers of Under Five Year Children in Selected Anganwadi Lucknow

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ABSTRACT

Background: UP, India's most popular state recorded the most diarrhoeal deaths. 22.21% deaths nationwide over five year to 2017. **Method:** A quantitative evaluative approach using questionnaire on diarrhoea. Pre experimental one group pre-test & post-test design was used. Convenient sampling technique was used to select 30 samples from the selected Anganwadi in Lucknow. Initially researcher got permission for study from concern authorities. Pre-test done followed by structured teaching program on prevention and home management of diarrhoea for 50 min followed by 10 min session of question and answer. A post-test was conducted after 2 weeks of structured teaching program. The tools used for data collection, part 1: demographic variables, part 2: assessing knowledge on home management of diarrhoea. **Results:** the pre-test mean value of knowledge 23 ± 1.9 was lesser than post-test mean value 23.62 ± 1.75 . The effectiveness of STP, the obtained, "t" test value is -9.469. which is found to be greater than the, "t" table value ($p=0.000 < 0.01$ level) at 29df. Since the obtained t value is significant at $p < 0.01$ level, therefore research hypotheses (H_1) is accepted. It is inferred that, there is significant difference between pre-test and post-test knowledge regarding diarrhoea among mothers of under five year children. **Conclusion:** The study concludes that the structured teaching program was very effective in providing knowledge prevention and home management of diarrhoea among mothers.

KEYWORDS: Effectiveness, structured teaching program, knowledge, prevention, home management, diarrhoea, demographic variables

INTRODUCTION

India diarrhoeal disease is a major health problem among children under the age of five year. It is the second leading causes of death in children under age of 5 year old and is responsible for killing around 52,5,000 children's every years diarrhoea can lasts several days and can't leave the body without the water and salt that are necessary for survival children who are malnourished are have impaired immunity as well as people living with HIV are most at risk of life threatening diarrhoea. It is the defining as the passage of three or more loose liquid stool per day. Infection

is spread through contaminated food or drinking water or from person to person as well as a result as poor hygiene.¹ India and its real steel 13 percentage in this group killing an estimated 30 lacs children in India each year in 2015.² Diarrhoea should be treated with oral rehydration solution ORS solution of clean water sugar and salt in additional a 10 to 14 days supplemental treatment cause of dispersible 20 MG tablet shorter diarrhoea duration and improve outcomes about 26% of population receiver 10 packet or it may be treatment by home made food.³

How to cite this paper: Beena Sharma | Razia Sultan | Deeksha Verma | Purnima Goswami | Prity Verma | Sweta Gupta | Miss Sony Verma | Miss. Alka Gupta "A Study to Assess the Effectiveness of Structured Teaching Program on Knowledge Regarding Prevention and Home Management of Diarrhoea among the Mothers of Under Five Year Children in Selected Anganwadi Lucknow" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-5 | Issue-5, August 2021, pp.2357-2360, URL: www.ijtsrd.com/papers/ijtsrd46350.pdf



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NEED OF THE STUDY

To estimated the prevalence of acute diarrhoea in children under 5 year in rural area or population and to study the different treatment adopted by the mother and family member the other objectives to find out association between certain risk factor and diarrhoea among children under 5 year .⁵.Therefore, we have decided to prevention and home management of diarrhoea in children by enhancing the mother's knowledge. The main aim of study is to identify and increase the knowledge of mother's with children under five year old about diarrhoea and its home management.

Objectives:

1. To assess the pre- existing knowledge regarding home management and prevention of diarrhoea among mother' of under 5 year children.
2. To evaluate the structural teaching program regarding prevention & home management of diarrhoea among mothers of under five year children.
3. To identify the difference between the post-test knowledge and pre-test knowledge regarding prevention and home management of diarrhoea among mothers of under five children.
4. To find out the association between the pre-test knowledge regarding prevention and home management of diarrhoea among mothers of under five year children with selected demographic variables.

Hypothesis:

H₁: There is statistically significant difference between the pre-test and post-test knowledge of mothers regarding prevention & home management of diarrhoea among mothers of under five year children.

H₂: There is statistically significant association between pre-test and post-test knowledge scores with selected demographic variable.

RESEARCH DESIGN:

The Research Design selected for this study was pre experimental one group pretest post-test design. the population consists of 30 mothers of under five years children found near sewa aganwadi at Lucknow. In this investigator introduces base measures before and after treatment full stop in the present study the base measures were knowledge questionnaires treatment is structured teaching program (STP) on knowledge regarding prevention and home management of diarrhoea among mothers of under 5 years children.

ETHICAL CONSIDERATION:

The proposed study was conducted after approval of integral university and dissertation committee of the college of nursing. Permission was obtained from the

correspondent and principal of integral College of Nursing. A written permission from selected Anganwadi had taken for the study.

DATA COLLECTION PROCEDURE:

The data collection was done for five weeks at selected Aganwadi, Lucknow. Samples of 30 mothers of under five year children were included in the study. Structured interview schedule was used for data collection. Samples of 5-6 were selected by using convenience sampling technique per day and 30-40 minutes were taken for conducting interview. After the pre-test the investigator administered structured teaching programme regarding prevention and home management of diarrhoea in children for one hour using AV aids. All the queries were cleared. The post test was conducted after 2 weeks using same structured interview schedule. The same procedure was followed for all the samples.

RESULT

Table 1 shows that, the Frequency and Percentage distribution of demographic variables like age and religion of mothers of under five year children

In the Age group, the majority 28-32 years 15(50%) of mothers of under five year children are in between the age group >30years, 10(50%) mothers are in the age group of 23-27 years 5 (16.66) mothers are in between 18-22 years of age group and least (0%) mothers are in the age group of more than 32 years. Regarding Religious view of mothers of under five year children, majority of 28 (93.33%) are Hindu, 0(0) are Muslim, 1(3.33%) are Christian and 1(3.33%) are others. Regarding no.. of children majority 13 (43.33%) of mothers have 2 children, 9(30%) of mothers have 3 child, 5(16.66%) of mothers have more than 3 children and 3(10%) mothers have 1 children. Regarding type of family they live in, 22(73.33%) mothers live in nuclear family, 5(16.66%) live in joint family, 2(6.66%) live in single parent and 1(3.33%) mothers live in single family. Regarding education of mother 13(43.33%) mother is 10th, 11(33.3%) mothers have illiterate, 5(16.66%) mothers have graduation and 1(3.33%) have 12th. Regarding occupation of mother 24(80%) mothers are housewife, 5(16.66%) mothers are doing government job, 1(3.33%) mothers doing private job and 0(0%) mothers are doing other business. Regarding family monthly income 17 (56.66%) family income is 10000-15000, 9(30%) family income is between 5000-10000, 3(10%) family income is 15000-20000 and 1(3.33%) family income is >20000. Regarding Area of living 30(100%) mothers live in rural area and 0(0%) mothers live in urban area. Regarding source of information about prevention and management of diarrhoea among

mothers of under five years children. majority 17(56.66%) mothers gain knowledge from family & relatives. 6(20%) mothers gain information from health care provider, 4(13.33%) mothers gain information from websites & mass media 3(13.33%) mothers gain information from friend & colleagues.

Regarding previous experience about prevention & home management. 24(80%) mothers treated our children in hospital of diarrhoea 6 (20%) mother have experience they managed diarrhea at home, (0%) mothers have no experience, 0(0%) mothers children died.

SLNO	Demographic variables	Frequency	Percentage
1.	Age		
	1. 18-22 yrs.	0	0
	2. 23-27 yrs.	5	16.66
	3. 28-32 yrs.	15	50
	4. >32 yrs.	10	33.33
2.	Religion		
	1. Hindu	28	93.33
	2. Muslim	0	0
	3. Christian	1	3.33
	4. Others	1	3.33
3.	No. of children		
	A. 1	3	10
	B. 2	13	43.33
	C. 3	9	30
	D. More than 3	5	16.66
4.	Types of family		
	1. Nuclear	22	73.33
	2. Joint	5	16.66
	3. Extended	1	3.33
	4. Single parent	2	6.66
5.	Education of mother		
	1. Illiterate	11	36.66
	2. 10th	13	43.33
	3. 12th	1	3.33
	4. Graduation	5	16.66
6.	Occupation of mother		
	1. private job	1	3.33
	2. government job	5	16.66
	3. housewife	24	80
	4. other business	0	0
7.	Family monthly income		
	1. 5000-10000	9	30
	2. 10000-15000	17	56.66
	3. 15000-20000	3	10
	4. Above 20000	1	3.33
8.	Area of living		
	1. Rural	30	100
	2. Urban	0	0
9.	Source of information		
	1. Family & relative	17	56.66
	2. Friends & colleagues	3	10
	3. Websites & mass media	4	13.33
	4. Health care providers	6	20

10.	Any previous experience about diarrhea		
	a) No experience	0	0
	b) Managed in home	6	20
	c) Treated in hospital	24	80
	d) At last diet	0	0

Table: 2. Mean, standard deviation, Standard error, t value regarding pre -test and post-test knowledge score among mothers of under of under five year children.

Test	N	Mean	Std. Deviation	Std. error	T	Df	P value
Pre-test	30	17.80	4.491	0.29	-9.469	29	.000
Post-test	30	23.63	3.672	0.31			

The pre-test mean value of knowledge 23 ± 1.9 was lesser than post-test mean value 23.62 ± 1.75 . The effectiveness of STP, the obtained “t” test value is -9.469. which is found to be greater than the “t” table value ($p=0.000 < 0.01$ level) at 29df. Since the obtained t value is significant at $p < 0.01$ level, therefore research hypotheses (H_1) is accepted. It is inferred that, there is significant difference between pre-test and post-test knowledge regarding diarrhoea among mothers of under five year children.

DISCUSSION

This chapter dealt with findings of the study is discussed in term of findings with other studies.

CONCLUSION:

Assessing the knowledge level of mothers of under five children about diarrhoea. Among 30 mothers of under five year children, the pre-test mean value of knowledge 17.80 ± 1.9 was lesser than post-test mean value 23.62 ± 1.75 . The effectiveness of STP, the obtained “t” test value is -9.469. which is found to be greater than the “t” table value ($p=0.000 < 0.01$ level) at 29 df. Since the obtained “t” value is significant at $p < 0.01$ level, therefore research hypotheses (H_1) is accepted. It is inferred that, there is significant difference between pre-test and post-test knowledge regarding diarrhoea among mothers of under five year children. Many studies also supported there was lack of knowledge regarding prevention and home management diarrhoea among mothers of under five year children.

LIMITATION:

- Study is limited to mothers of under-five year children.

- This study is limited to 5weeks.

- The study is limited to 30 mothers of under five children.

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