

# A Descriptive Study to Assess the Knowledge and Practices of Mothers Regarding Prevention of Home Accidents among their Toddlers in Selected Communities of Fazilka, Punjab

Rizwan Khan<sup>1</sup>, Gurpreet Brar<sup>2</sup>, Jyoti<sup>3</sup>, S. K Garg<sup>4</sup>

<sup>1,2</sup>Assistant Professor, University Institute of Nursing, Jalalabad (BFUHS), Punjab, India

<sup>3</sup>Nursing Tutor, University Institute of Nursing, Jalalabad (BFUHS), Punjab, India

<sup>4</sup>Professor Cum Principal, University Institute of Nursing, Jalalabad (BFUHS), Punjab, India

## ABSTRACT

Home accidents are leading cause of preventable disabilities and deaths among toddlers. The main cause of home accident is general negligence of safety at home. Toddlers being less aware of danger at one of the most vulnerable groups expose accidents in developed countries. Safe behaviour is a learned behaviour gradually acquired in a step by step process with increasing age and experience.

**Materials and Methods:** The research approach adopted for the study was descriptive research approach. The research design adopted for the study was non-experimental research design. Non-probability convenience sampling technique was used. The data was collected through the tool which is prepared by the investigator. The sample consists of the 100 mothers. Collected data analyzed by using descriptive and inferential statistics in terms of frequency, percentage, mean, standard deviation.

**Result:** Findings of the study revealed that out of 100 mothers 62% of mothers have good knowledge, 37% of mothers have average knowledge and 1% of mothers have poor knowledge regarding home accidents and their prevention.

Finding of the study revealed that out of 100 subjects 99% subjects place sharp objects in a locked drawer away from the reach of the child in their homes, 96% subjects check the gas cylinder at the time of cooking, 53% subjects use soap and water as a first- aid when honey bee stings, 78% subjects use door stopper to prevent their child's hands from sticking up in the door.

**Conclusion:** Study concludes that mothers have good level of knowledge.

**How to cite this paper:** Rizwan Khan | Gurpreet Brar | Jyoti | S. K Garg "A Descriptive Study to Assess the Knowledge and Practices of Mothers Regarding Prevention of Home Accidents among their Toddlers in Selected Communities of Fazilka, Punjab" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-9 | Issue-2, April 2025, pp.743-749, URL: [www.ijtsrd.com/papers/ijtsrd78544.pdf](http://www.ijtsrd.com/papers/ijtsrd78544.pdf)



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**KEYWORDS:** Assess Knowledge, Prevention, Home Accidents, Mothers, and Toddlers

## INTRODUCTION

A child after one year of age walk, run, and climb up & down on his or her own. They are interested in the surrounding to explore things. As they are not aware of the danger related to their activities. Toddlers are egocentric. Their activities should be under the supervision. The stairs, gates, window should be closed or protected. The harmful objects such as medications, kerosene, chemicals, sharp instruments, hot things, stove, heater etc should be out of their reach. Home accidents are the largest single cause of mortality and disability in toddlers. In approximate order of accidents include (i) drowning (ii) burns (iii)

suffocation (iv) falls (v) poison. When parents understand their child's level of growth & development, they can predict the hazardous situation and judge how much freedom their child can be permitted.

Accidental burns, falls are very common when mother does the cooking or boiling or cleaning the floor with an infant crawling or walking around the place. Most accidents occur when the family lives just in one room for all purposes. Hot objects on the floor, tub with full of water may cause injury. Electric

heaters, room heaters within the reach of child may cause electric shock or burn. Sometimes the toddlers fall into boiling water, oil etc. or catch the hot objects. The toddlers who are developing normally are at risk for accidents e.g. falls, and coming in contact with sharp objects as well as toddlers who delayed in walking may have poorer balance and coordination, leading to higher risk for falls. Child- proofing the environment and awareness of outdoors and playground safety can help prevent accidents. Accidental injuries are the leading causes of death in toddlers of age. The developmental stage of the child partially determines the type of injuries that are most likely to occur at a specific age. The toddler with highest curiosity to explore, investigate and with the ability to run and walk are more prone to variety of injuries like burns, fall, scalds.

As children grow older their interest in playing make them prone to environmental hazards, theoretically all injuries are preventable, health promotion and accident prevention are like two side of the same coin, hence the preventive aspect of child care is an important part of health promotion and prevent the child from injury, quite often parents and others are surprisingly un aware of their children developmental progress, education to parents on providing a safe environment for children and type of behavior expected of the child at different stages of development will help in prevention of home accident.

According to the World Health Organization every year about, 830,000 children die from home accidents worldwide. This corresponds to 2,000 child deaths in a day. In addition, majority of children (millions) have been referred to hospital due to home accident-related to injuries, eventually resulting in permanent disabilities. The Center for Disease Control (2011) observed that home accidents make up the third leading cause of emergency department visits in the USA and in the United Kingdom it is noted that 40% of all accidents occur at home whiles 2,700,000 people get treatment relating to home accidents. Similarly, 7,000 deaths are recorded annually due to home accidents.<sup>6</sup> In India around one million children die each year of home accidents and injury was one of the third leading causes of death responsible for (11%) of all deaths, after diarrhoea (18%) and pneumonia (17%).<sup>1</sup>

Prevention of toddler home accident depend upon a reciprocal relationship between protection and education related to age infants need to be totally protected from home accident, whereas toddlers through education require increasingly less parental protection. Safe behaviour is a learned behaviour

gradually acquired in a step by step process with increasing age and experience. The behaviour is not fashioned by restrictions, but rather behavior are formed in responsibility to handle personal freedom and thus develop justified self-confidence, parental protection and supervision of the child alters gradually with evidence of the growing responsible behavior of the children. Burns are caused by a number of agent factors, such as chemicals, hot liquids, fumes, electrical items, leakage of kerosene stoves, practice of low-level cooking, unsafe crackers used during festivals without supervision.

About 30% of burns occur in children between the ages of 1-3 years. Thermal injuries are the third leading cause of accidental deaths in children and are the second leading cause of injuries in the age-group between 1 -3 years. Major burn injuries occur in toddlers.<sup>2</sup>

Mother is an important care provider and she is strongly responsible to improve the safety of the children. Children are the most important and vulnerable group of our population. Childhood accident is a sudden cause of death or an emergency in children. Accidents are usually related to the growth and development of children. The sudden changes in their activities may place the children at the risk of accidents. The lack of knowledge and ignorance of child care may add to the predisposing factors for the childhood accidents Falls and injuries are one of the leading causes of death and burden of disease in all age groups all over the world. It is an emerging problem in developing countries. Falls are the leading cause of unintentional injury among children aged 1-3yrs and one- third of all fall related cases visits hospital emergency room. Injury is the leading cause of death in children.

## METHODOLOGY

Research methodology is the way of systematic solving the research problem. This chapter deals with the methodology adopted for the descriptive study to assess the knowledge and practice regarding prevention of home accidents among mother of toddlers in selected areas of Fazilka, Punjab.

### Research approach

In our study, a quantitative non-experimental research approach is used to assess the knowledge and attitude about prevention of home accidents among mothers of toddlers in selected areas of Fazilka, Punjab.

### Research design

In our study, descriptive research design was used to observe, describe and document home accident related aspects.

**Variables under study**

- **Demographic variables** : Age, gender, place of living, educational status, occupation, type of family, family income, marital status, type of house, no. of family members, source of information, any type of previous home accident.
- **Research Variables**: Knowledge and practices regarding prevention of home accidents among mothers of toddlers Research setting:

The research study was conducted at selected communities of Fazilka.

- **Target population**: A research target population was set 100 among mothers of children of age group 1-3 year available.
- **Sampling technique and sample size**: In present study non-probability consecutive sampling technique was used to select the sample. The accusation of sample under rating of 100 mothers available at the community of Fazilka, Punjab.

**Inclusion and Exclusion criteria:-**

- **Inclusion criteria**:- Study includes the mothers who are:
  1. Mothers of toddlers who are able to read and write.
  2. Mothers of toddlers who are willing to participate.
- **Exclusion criteria**:
  1. Mothers of toddlers who are not willing to participate.
  2. Mothers of toddlers who are not available at the time of data collection.

**Development and description of the tool:-**

Tool will be developed after extensive review of the literature, consultation and discussion with experts. It consists of 3 sections:

**Section A:** It consists of education of mother, occupation of mother, type of family, family income, age of last child, gender of child, number of children, type of house and any previous accidents occurred.

**Section B:** Self structured knowledge questionnaire was used to assess the knowledge of mothers regarding prevention of home accidents among their toddlers.

- This part consists of multiple choice questions regarding prevention of home accidents among toddlers.
- Total 10 questions were included and each question carries 1 mark and unanswered and incorrect answer carries 0 marks. So, maximum score was 10 and minimum score was 0.

**Section C:** Self structured practice questionnaire was used to assess the practices of mother regarding prevention of home accidents.

- This part consists of multiple choice questions regarding prevention of home accidents.
- Total 10 questions were included in section-C.

**Criterion measure:-**

Marks	Interpretation
<3	Poor
3-7	Average
>7	Good

**Content validity of research tool:-** Content validation of tool was determined by expert's opinion on relevance of items. It is the extent to which measuring instruments provide adequate coverage of the topic under study and tool was established by submitting it to experts from nursing and medical field. All the experts were requested to judge the items for their clarity, relatedness and content.

**Reliability of the tool:** - Reliability of the tool was computed by test-pretest method under pilot study. The pilot study was conducted to ensure reliability and feasibility of the tool.

**Ethical considerations:-**

1. Ethical consideration was obtained from: The research committee of University Institute of Nursing, Jalalabad (w).
2. The written consent was obtained from subjects who are willing to participate in study.
3. Routine of daily life of mothers was not interrupted.

**Ethical Permission:-** A written permission was taken from the Principal of University Institute of Nursing, Jalalabad (w), Fazilka (Punjab) before launching the study.

**PLAN AND PROCEDURE FOR DATA COLLECTION:-** Permission for conducting pilot study was obtained from Principal of University Institute of Nursing Jalalabad (w), Fazilka, Punjab. Data was planned to be collected from selected communities of Fazilka, Punjab. Data collection for study was carried out from 19 September to 20 September 2023. Purpose of the study was explained and informed written consent was obtained.

Researcher approached the study subjects to fill the questionnaire individually. Researcher first introduced herself / himself to the respondent and then questions were filled. It took approximately 10 minutes for each subject. They were assured that their responses would be kept confidential and only for the research purpose.

**Result:** Findings of the study revealed that out of 100 mothers 62% of mothers have good knowledge, 37% of mothers have average knowledge and 1% of



mothers have poor knowledge regarding home accidents and their prevention.

Finding of the study revealed that out of 100 subjects 99% subjects place sharp objects in a locked drawer away from the reach of the child in their homes, 96% subjects check the gas cylinder at the time of cooking, 53% subjects use soap and water as a first-aid when honey bee stings, 78% subjects use door stopper to prevent their child's hands from sticking up in the door.

## DISCUSSION

This part of chapter deals with a discussion of present study in accordance with the study that is discussed with references of results observed by other investigators.

On the basis of objectives, framework developed, an exploratory, a descriptive study design was selected. Non-probability consecutive sampling technique was used.

Data collection for study was carried out from 19<sup>th</sup> of September to 20<sup>th</sup> of September 2023. Purpose of the study was explained and informed written consent was obtained. Prior permission for conducting study was obtained from Principal of University Institute of Nursing Jalalabad (w), Fazilka.

It shows that out of 100 subjects 62% subjects have good knowledge, 37% average knowledge and 1% have poor knowledge.

### Major findings of the study:-

#### Major conclusions drawn from the study were:-

- In the present study it was found that out of total 100 sample the total mean score of mothers knowledge is 6.81, median is 7 and mode is 7. The study findings are in contrast to Hemant Singh Rana(2020) conducted 'A descriptive study to assess the knowledge on prevention of home accidents among mothers of under five children in selected community areas of Gurugram (Haryana)' where results shows that the mean knowledge score for sample was 13.363 and median was 14.<sup>3</sup>
- In the present study it was found that out of total 100 sample 62% mothers have good knowledge, 37% mothers have average knowledge and 1% have poor knowledge. The study findings are in contrast to Annmariya T.A (2021) conducted 'A study to assess the knowledge regarding the prevention of home accidents among the mothers of under-five children in a selected community, Mangalore' Where results shows that Majority (84 %) of the respondents had moderately adequate knowledge, only few (4 %) had inadequate

knowledge and only 12% had adequate knowledge on prevention of home accidents.<sup>4</sup>

- In the present study it was found that out of total 100 sample the total mean score of mothers knowledge is 6.81, median is 7 and mode is 7 whereas sample 62% mothers have good knowledge, 37% mothers have average knowledge and 1% have poor knowledge. The study findings are in contrast to the Author(s): Mr. Om Prakash Shrimal Assistant Professor, M.Sc. Nursing, Department of Child Health Nursing. A descriptive study to assess the knowledge of mothers regarding prevention of home accidents among toddlers in selected urban area at Jaipur where the study revealed that overall mean knowledge score obtained by the mothers was 16.5 and median was 14 with standard deviation 6.03 and the mean percentage was 55.03%. So, this indicates that mothers have some knowledge regarding prevention of home accidents.<sup>5</sup>

### Implications:

Implications means that utilization of the findings generated from the study in nursing profession. The implication can be done in different fields of nursing under:

#### Nursing education:

- The nursing students should be made aware about prevention of home accidents among toddlers.
- The nursing students should be acknowledged about types and causes of home accidents among toddlers and their prevention by conducting seminars, workshops or via lectures.

#### Nursing administration:

- Nurse as administrator will facilitate knowledge among mother to motivate them to be knowledgeable enough to prevent home accidents among their toddlers.
- Nurse as administrator should plan and organize role play, lectures, conferences, seminars, discussion and puppetry on prevention of home accidents among toddlers.

#### Nursing practice:

The findings of present study can be used to:

- Conduct educational programmes at various community centers.
- Educate the mothers regarding prevention of home accidents among their toddlers.

#### Nursing research:

- Findings of the study will act as catalyst to carry out more extension research on large population and in different setting. Through the publication of research findings, the results can be improved.

**RECOMMENDATIONS:-**

- Similar study can be replicated on larger population to validate and generalize the findings.
- Same type of study can be conducted in another setting with different methodology.
- A pamphlet should be published with the sense of enhancing the knowledge of mother regarding home accidents.

**CONCLUSION:-**

On the basis of results of data analysis, following conclusion was found. The present study revealed that out of 100 samples 62% of subjects have good knowledge, 37% of subjects have average

knowledge and 1% of subjects have poor knowledge regarding prevention of home accidents among toddlers. Also, the level of knowledge of mother is affected by the socio demographic variable gender of child which means there is significant relationship between knowledge of mother and gender of child.

The overall experience of conducting this study was satisfactory. The constant encouragement and guidance of research guide, co-operation of the college authorities and participants contributed to successful and fruitful completion of the study.

**SUMMARY:-**

This chapter deals with Assumptions, Delimitations, Discussion, Findings, Implications, Recommendation and conclusion of the study.

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**Table no.1:- Frequency and % distribution of subjects according to socio-demographic variables.**

PRACTICE QUESTIONS	OPTIONS	(%)
1. Place of sharp objects	A) In a locked drawer away from reach of child	99%
	B) In an unlocked drawer	0%
	C) Anywhere in house	0%
	D) On a table	1%
2. What do to stop bleeding after injury	A) Apply cream	18%
	B)Put pressure	38%
	C)Apply ice	20%
	D)Put water	24%
3.where you keep vitamins and medicines	A) In an unlocked drawer	1%
	B) In a locked drawer	97%
	C) On a table	2%
	D) Anywhere in house	0%
4. Important consideration while cooking	A) Check gas cylinder	96%
	B) Check refrigerator	1%
	C) Check door	3%
	D) Check fans	0%

5. What do to extinguish fire if fire sets in your home	A) Put dry clothes over fire	4%
	B) Try to extinguish fire	1%
	C) Call fire brigade	53%
	D) Put water over fire	43%
6. Where would keep cleansing material in home	A) Anywhere in house	0%
	B) On floor	4%
	C) In a locked drawer	87%
	D) On a table	9%
7. Prevent child from touching wet hands	A) Gas cylinder	96%
	B) Utensils	0%
	C) Door	4%
	D) Uninsulated wires	9%
8. Prevent child from injury with sharp objects	A) Keep sharp objects away from child	82%
	B) Educate child	10%
	C) Allow child to play with sharp objects	1%
	D) Throw away sharp object	7%
9. First aid use when honeybee stings	A) Remove sting with blades	5%
	B) Remove sting with needle	16%
	C) Wash sting with soap and water	53%
	D) Remove sting with knife	26%
10. Prevent child's hand from sticking up in door	A) Keep door always closed	12%
	B) Keep door always opened	4%
	C) Use door stoppers	78%
	D) Apply tapes over the door	6%

Table no.2:-Pie chart showing percentage distribution of mothers according to their knowledge.



**Table no.3 Histogram showing percentage distribution of mothers according to their practices**

