

A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING DIARRHEA AMONG THE MOTHERS OF UNDER FIVE CHILDREN

Ms.T SARADA¹, Mrs. S. SUBHAVELVIZHI²

¹PGStudent, Department of Pediatrics, PES College of Nursing, Kuppam, Andhra Pradesh, India

²Associate Professor, Department of Pediatrics, PES College of Nursing, Kuppam, Andhra Pradesh, India

ABSTRACT - Health of the children has been considered as the vital importance to all societies because children are the basic resources for the future of human kind. Majority of child health problems are preventable. In this view the pre experimental designed one group pre and post test was conducted to assess the effectiveness of structured teaching programme on knowledge regarding diarrhea among mothers of under five children in Patrapalli village at V.Kota, Chittoor[dist], A.P. The majority of women 31(51.70%) were belonging to the age group of 22–25 years. Among all the participants, nearly 23(38.30%) were illiterate. Most of the women. Were of lower socioeconomic status 50(83.3%) majority of mothers are getting daily wages30 (50%) and majority mothers had two children35 (58%) There is a significant effect of structured educational program. The analysis revealed that knowledge regarding diarrhea among the mothers of under five children, I compared the pretest and posttest knowledge scores among mothers the pretest mean was 8.33 with standard deviation 4.82 and the post test score mean was 25.47 with standard deviation 3.77.and 't' value was 31.238.and p value was $P < 0.000$ level. This tells us that the posttest knowledge Scores was higher than the pretest knowledge which indicates that knowledge of mothers was improved through structured teaching program. Thus the study was concluded that the structured teaching program has effect on improving knowledge among mothers regarding diarrhea.

Key Words: Diarrhoea, Under Five Children, Mothers, Structured Teaching Programme, Effectiveness

1. INTRODUCTION

“GIVE US GOOD MOTHER AND I SHALL GIVE U GOOD NATION.” Napoleon Bonaparte

Health of the children has been considered as the vital importance to all societies because children are the basic resources for the future of human kind. Majority of child health problems are preventable. Modern approach of child health care emphasis on “Preventive care rather than curative care”[1].

Gastro intestinal problems are very common in child hood. Digestion, absorption and metabolism are the combined actions of gastro intestinal and hepatic pancreatic system. Functions of GI systems are also related to combined actions of many functional systems. Disturbances in any one affects GI system leading to various problems. For example, diarrhea develops due to increased over load of fluid from small intestines into the colon following mal digestion and active secretions[2].

Diarrheal disease is the second leading cause of death in children under five years old, and is responsible for killing around 5,25, 000 children every year. Accounting for approximately 8 per cent of all deaths among children under age 5 years worldwide in 2016. This translates to over 1,300 young children dying each day. Diarrhea can last several days, and can leave the body without the water and salts that are necessary for survival.

2. NEED FOR THE STUDY:

The country's children is a supremely important asset' -National health policy

Diarrhea is a global killer and it is one of the five leading cause of childhood deaths, about 1.7 million children below five years dies because of diarrhea each year worldwide[6].

Nor virus is associated with approximately one-fifth of all infectious diarrhea cases, with similar prevalence in both children and adults, and it is estimated to cause over 200,000 deaths annually in developing countries. Historically, rotavirus was the most common cause of severe disease in young children globally. Rotavirus vaccination programs have decreased the prevalence of diarrhea cases associated with rotavirus [7].

Diarrhea is a leading killer of children, accounting for approximately 8 per cent of all deaths among children below 5 years worldwide in 2016. This translates to over 1,300 young children dying each day, or about 480,000 children a year, despite the availability of simple effective treatment [9].

3. OBJECTIVES

1. To assess the pre test knowledge regarding diarrhea among the mothers of under five children.
2. To assess the post test knowledge regarding diarrhea among the mothers of under five children.
3. To compare the pretest and post test knowledge scores regarding diarrhea among the under five children.
4. To find the associate between the pre test knowledge regarding diarrhea among the mothers of under five children with selected demographic variable.

4. METHODOLOGY.

4.1. Research approach

A Quantitative research approach was adopted to assess the effectiveness of structured teaching programmed on knowledge regarding diarrhea among mothers of under five children.

4.2 Research design

Selection of the design was based on the purpose on the study. The pre experimental design one group pre test and post test method was adopted for this study.

4.3. Independent Variable:

Structured teaching Program regarding diarrhea among mother's of under five children.

4.4. Dependent Variable:

The dependent variable was the level of knowledge regarding diarrhea among mothers of under five children

4.5 Research setting

The study was conducted in Patrapalli village at V.Kota, Chittoor[dist], A.P. It is located at 25 km away from PES college of Nursing, Kuppam, Chittoor[dist], A.P.

4.6. Sample

All the mothers with under five children in Patrapalli village, V.Kota.

4.7. Sample Technique:

Non probability convenient sampling technique was used to select the samples.

4.8. Sample Size:

The sample size comprises of 60 mothers in under five children

4.9. Development and description of the tool

A structured questionnaire was developed by the investigator based on the previous study and review of literature in order to obtain answers from mothers of under five children regarding diarrhea.

4.10 Description of the tool

A structured questionnaire was prepared to collect the necessary data from the sample. The tool used in the study consists of two sections.

4.10.1. Section-A

Demographic data it consist of 8 items for obtaining data from the sample about selected background factors such as age of the mother, education, occupation, number of children ,type of family, area of residence, family income religion.

4.10.2Section-B

Structured knowledge Questionnaire (multiple choice questionnaire) was used to determine the knowledge on diarrhea among mothers of under five children. This section consists of 30 items the total score is 30.Each correct answer consist of 1 mark

4.11 Validity

The content validity of the instrument was done by various experts. Suggestion of expert were incorporated in the instrument and tools was finalized.

4.12. Reliability

The reliability of the tool was assessed after conducting a pilot study, and the reliability of the tool was established by test retest method and the obtain r-value was 0.76 hence the tool was considered as reliable.

4.13. Data collection procedure

The data was collected from mothers of under five children. The data collection was done for 45 minutes in order to get demographic data of the mothers. Pretest was conducted with help the of structured knowledge questionnaire. Teaching was given for 45 minutes regarding management of diarrhea by using flashcard, charts and handout. The post test was conducted after seven days with same structured questionnaire

5. RESULTS

5.1 SECTION:I Frequency and percentage distribution of demographic variables among mothers of under five children

- **Age :** majority 30(51.70%) of the mothers were belongs to between age 22-25 years , 20(33.3%) of them were belongs to between the age 18-21 years ,least and only 10(16.70%) of them were belongs to between age 26-30 years
- **Religion of the mothers :**majority 30(50%) of the mothers were belongs to Hindus, 15(25%) of them were belongs to Muslim, and only 15(25%) of them were belongs to Christian
- **Educational status:** most of the mothers about 25(41.70%) had primary education, 12(20%) 23 (38.30%) of them had secondary education and illiterate respectively.
- **Occupation:**about25(41.70%) of the mothers were home maker, 30(50%) of them were daily wages, andonly 5(8.30%) of them were private employee.
- **Their family income per month:** majority 50(83.3%) of the mothers were belongs to monthly family income <6323, 10(16.70%) of them belongs to between 6327-18949 and none of them had between 20,000-50,000.
- **Residential area:** all the mothers were residing in rural area about 60(100%).

- **Type of family:** majority 40(66.70%) belongs to nuclear families, and 20(33.3%) of them were belongs to joint families.
- **Number of children:** most of the mothers about 35(58.30%) had two children, 19 (31.70%) of them have one child, 6(10%) of them having three children and none of them had above three children.

5.2. SECTION: IFrequency and percentage distribution of pre and posttest level of knowledge regarding diarrhea among mothers of under five children.

s. no	ASSESSMENT	LEVEL OF KNOWLEDGE							
		Inadequate		moderate		Adequate		Total	
		N	%	N	%	n	%	n	%
1	PRE TEST	53	88.30	7	11.70	-	-	60	100
2	POST TEST	-	-	19	31.70	41	68.30	60	100

The above table shows the pre test and post test knowledge scores of mothers, in pre test,53(88.30%) mothers had inadequate knowledge, 7(11.70%)mothers had moderate knowledge. Where as in the post test ,41(68.30%) mothers had adequate knowledge,19(31.70%)mothers had moderate knowledge

5.3. SECTION -III To Compare The Pre And Post Test Knowledge Scores Regarding Diarrhea Among Mothers Of Under Five Children.

	Assessment	Mean	N	Std. Deviation	t-value	p value
Knowledge	Pre test	8.33	60	4.82	31.238**	0.000
	Post test	25.47	60	3.77		

The above table describes the pre test mean score was 8.33, standard deviation 4.82, and post test mean score was 25.47, standard deviation 3.77, t value was 31.238 and the obtained p value was 0.000.Hence the intervention was effective.

These findings are supported by the following studies:

A Quantitative research approach was use to evaluate the effectiveness planned teaching programmed on diarrhea among mothers regarding prevention and management of under five year children by using Convenient sampling. The results of the study in pre-test knowledge that 30% mothers have adequate knowledge, 56.66% mothers have moderate knowledge & 13.33% mothers inadequate knowledge. And post-test knowledge that that 83% mothers have adequate knowledge, 16% mothers have moderate knowledge & 0% mother’s inadequate knowledge. The conclusion wasthe mothers of under five year children were lacking in knowledge regarding prevention and management of diarrhea. The ultimate goal of the study is to improve the mothers knowledge about the prevention and management of the diarrhea.

6. 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:

6.1. Nursing Practice

- Nurses working in difference health care setting play a vital role in enhancing the quality of life among children with diarrhea

6.2. Nursing education

- Ensure that the students learn about the diarrhea to reduce the under five children.
- Make use of available literatures and studies related to non-pharmacological measures to reduce diarrhea among under five children.
- Encourage the students for effective utilization of research based practices

6.3 Nursing Research

- As a nurse researcher, promote more research to reduce diarrhea among under five children.
- Disseminate the findings of the research in management of diarrhea among under five children.

6.4. Nursing Administration

- Collaborate with governing bodies to formulate standard policies and protocol for dehydration among children
- Conduct in service education program on disseminating new interventions for diarrhea among children.

6.5. Nursing Education

- Educate the student, nurses leader regarding knowledge about the care of under five children in diarrhea management.
- Health education activities can be planned on knowledge regarding diarrhea management

7. Recommendation

Based on the findings of present study the following recommendations were made:

1. A similar study may be conducted by using true experimental design by using probability sampling technique
2. A similar study can be conducted with larger samples for better utilization.

8. FINDINGS OF THE STUDY

The statistical analysis shows that in pre test the mean was 8.33 with standard deviation 4.82 and the post test score mean was 25.47 with standard deviation 3.77. The improvement score shows that the mean was 17.14 with standard deviation of 1.05 and the t' value is 31.238. It shows that effectiveness of teaching program was highly significant $P < 0.000$ level. The chi-square shows that there is positive association between demographic variable such as type of family, occupational status, monthly income, number of children educational qualification. And there is no association between following demographic variable such as age of the mother, religion, living area. The overall finding showed that pre test and post test reveal that the effectiveness of teaching program is highly significant

9. CONCLUSION

The purpose of the study was to evaluate the effectiveness of structured teaching program on knowledge regarding diarrhea among mothers of under five year children in at Patrapalli village. Pre-experimental one group pretest-post-test design was used in the study. In pretest, level of knowledge on mothers of under five children showed that 83.30% mothers had inadequate knowledge, 11.70% mothers had moderately adequate knowledge. In post test evaluation showed that 31.70% of mother had moderately adequate knowledge, 68.70% of mother had adequate knowledge. There was statistically $P < 0.000$ significant improvement in knowledge could be found in relation to effectiveness of teaching program. Hence the study was concluded that the structured teaching program was effective in enhancing the knowledge of mothers regarding diarrhea.

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