

Effectiveness Of Structured Teaching Program On Knowledge Regarding Selected Child Welfare Programs Among Mothers Of Under Five Children In Selected Area. : A Quasi Experimental Study

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Abstract

Introduction: A child is an individual who is a human being between the years of birth and puberty, or between infancy and puberty. Child welfare program seek to provide supportive service to families. Child welfare refers to all the needs of children who are unable to access community services because they are socially, economically, physically, or mentally impaired.

Objectives: PRIMARY OBJECTIVES- To assess the effectiveness of structured teaching program on knowledge regarding selected child welfare programs among mothers of under five children in selected area. SECONDARY OBJECTIVES- 1) To assess the pre-test knowledge regarding selected Child Welfare Programs among Mothers of under five children. 2) To assess the post-test knowledge regarding selected Child Welfare Programs among Mothers of under five children. 3) To associate the pre-test and post-test level of knowledge score with selected demographic variables.

Methodology: The research design used in this study was Quasi – experimental one group pre- test post-test design to find the effectiveness of structured teaching program on knowledge regarding selected child welfare program among mothers of under five children and also determine to associate the pre-test & post-test knowledge score regarding selected child welfare program among mothers of under five children with their selected demographic variables.

Result: Post-test knowledge score of mothers of under five children was higher than pre- test. It shows that 61.18% of the mothers of under five children had very good level of knowledge score and 38.83% of them had excellent level of knowledge score. The mean and standard deviation of the result reveals that mean score is 8.17 and SD is 3.33 in pre- test and mean score is 23.98 and SD is 2.29 in post-study.

Conclusion: After the detailed analysis, this study leads to the following conclusion: The mothers of under five children have good and very good level of knowledge regarding selected child welfare programs. There was a significant increase in knowledge of mothers of under five children after introduction of structured teaching program. Association of pre-test was seen with occupation and source of knowledge about child welfare program and association of post test was seen with age (in years) and monthly family income (Rs.) Thus, it was concluded that structured teaching program on knowledge regarding selected child welfare programs among mothers of under five children in selected areas of the city was found to be effective as a teaching strategy.

Key Words: Child Welfare Program, under five children, mothers of under five children.

INTRODUCTION

A child is an individual who is a human being between the years of birth and puberty, or between infancy and puberty. A person who is younger than the age of majority is referred to as a minor in legal definitions of the word. Compared to adults, children typically have fewer rights and obligations. They are typically categorized as incapable of making thoughtful decisions. As well as referring to a group membership in a clan, tribe, or religion, the term "child" can also denote a relationship with a parent (such as sons and daughters of any age) or, symbolically, an authority figure. It can also mean being strongly influenced by a particular place, time, or circumstance, as in "a child of nature" or a child of the Sixties.¹

Child welfare program seek to provide supportive service to families. Supporting the family for the children's welfare is one of the state's and societies most significant duties. Child welfare refers to all the needs of children who are unable to access community services because they are socially, economically, physically, or mentally impaired. The nation and community bear responsibilities for the welfare of children. India is putting in all of its efforts to promote the welfare and development of children. In many areas, there has been significant progress toward protecting children's basic rights. The nation confirms its dedication and resolve to prioritizing the fundamental needs and rights of every child. For children's health, nutrition, and education, much more work has to be done.²

BACKGROUND OF THE STUDY

Every child is entitled to a good existence. The family that a child is a part of determines their physical, mental, and social wellbeing. The family and school are two crucial institutions that play a major role in the socialization process that children go through in their early years and contribute significantly to their overall development. A person who is under the age of eighteen is considered a child under the United Nations Convention on the Rights of the Child. Upon examining the Indian condition, it is discovered that over 440 million people are youngsters, making up almost 40% of the nation's population. India has a high rate of neonatal deaths roughly 35 percent worldwide. In the nation, child mortality rates are about 50%. In order to improve the welfare of children in India, numerous policies, programs, and legislation have been developed in consideration of the issues and difficulties that Indian children face.³

NEED OF THE STUDY

Child welfare agencies may only use the most basic precautions regarding public health and emergency feeding and sheltering in less developed nations and in the aftermath of war and natural disasters. Child welfare standards are determined by a number of factors, including the nation's financial resources, educational attainment, and general standard of living. Approximately 5.6 million child fatalities occur annually in India; this accounts for almost half of all child deaths worldwide. Currently, 7% of children under the age of five in China and 28% in sub-Saharan Africa suffer from child malnutrition, while 43% of children in India experience it. The majority of undernourished children live in rural regions and are concentrated in a small number of districts and villages; 10% of these locations account for 27% to 28% of all underweight children. Malnutrition is the single biggest threat to public health worldwide, according to the WHO. The risk of infection and infectious disease is increased by malnutrition. Iron deficiency anemia, vitamin A deficiency, iodine insufficiency, and protein-energy malnutrition were among the nutritional deficits. States differ in how common micronutrient deficiencies are. Pre-schoolers with subclinical vitamin A insufficiency make up 57% of the population. Compared to 43% in India, iodine deficiency is endemic in 85% of districts, primarily as a result of a lack of iodized salt.⁴ The Indian government has started a number of initiatives to slow down the rising number of youngsters who are undernourished. Integrated Child Development Services and the National Health Mission are two of them. Indian school mid-day meal programs and integrated child development initiatives. In 1975, the Indian government launched a program known as Integrated Child Development Services. The difficulty facing all of these plans and initiatives is how to boost coverage, impact, and efficiency.⁵

In accordance to above cited studies and personal experience, researcher found that some mothers are still unaware of the child welfare programs. That's why, there is need to provide the knowledge regarding child welfare programs. Structured teaching program is an effective tool to upgrade the knowledge of mothers. Hence, investigator plan to administer structured teaching program to enhance knowledge of the mothers of under five children regarding selected child welfare programs.

ETHICAL ASPECTS

The Ethical Committee of the institution had given the approval for this study proposal. Prior permission was obtained from the concerned authority for conducting this study. After explaining all the aspects of the study to the participants, written consents were taken from them. All the information obtained from the participant was kept confidential.

CONCEPTUAL FRAMEWORK

The conceptual framework selected for this study was based on Imogene King's goal attainment theory (1981)

REVIEW OF LITERATURE

The literature was reviewed and presented under the following sections:

1. Review of literature related to under five children
2. Review of literature related to child welfare programs
3. Review of literature related to effectiveness of structured teaching program among mothers of under five children

OBJECTIVES OF THE STUDY PRIMARY OBJECTIVES

1. To assess the effectiveness of structured teaching program on knowledge regarding selected child welfare programs among mothers of under five children in selected area.

SECONDARY OBJECTIVES

1. To assess the pre-test knowledge regarding selected Child Welfare Programs among Mothers of under five children
2. To assess the post-test knowledge regarding selected Child Welfare Programs among Mothers of under five children
3. To associate the pre-test and post-test level of knowledge score with selected demographic variables.

HYPOTHESIS

Hypothesis will be tested at 0.05 level of significance.

H0: There will be no significant difference between pre-test and post-test knowledge score regarding selected child welfare programs among mothers of under five children in selected area.

H1: There will be significant difference between pre-test and post-test knowledge score regarding selected child welfare programs among mothers of under five children in selected area.

METHODOLOGY

RESEARCH APPROACH

In this study quantitative approach is used.

RESEARCH DESIGN

In the present study, the design used is a quasi-experimental one group pre-test post-test research design

RESEARCH SETTING

The present study was conducted in the selected area after obtaining permission from the concerned authority

VARIABLES

Independent variables

The independent variable in this study is the structured teaching program on selected child welfare programs.

Dependent variables

The dependent variable in this study is Knowledge regarding selected Child Welfare Programs

Demographic variables

In this study demographic variables are Age, educational qualification, occupation, religion, type of the family, family monthly income, no of children, previous knowledge regarding selected child welfare program and source of knowledge regarding selected child welfare program.

POPULATION

The population in the study is mothers.

Target population

In this study, the target population includes Mothers of under five children in selected area.

Accessible population

The accessible population selected for the study comprises Mothers of under five children in selected areas, who are available at the time of data collection.

SAMPLE

In this study, the sample includes Mothers of under five children in selected area and who were available during the time of data collection.

SAMPLING TECHNIQUE

In the present study, non-probability convenient sampling technique is used,

SAMPLE SIZE

It is the quantity of people, things, actions, or circumstances that the study looks at. In this study, the sample size was 85 mothers of under five children.

DESCRIPTION OF TOOLS

Section A-Demographic data.

The investigator constructed this tool to collect the background data of the study subjects and to identify the influence of the sample characteristics with their level of knowledge. It includes total 9 socio-demographic variables like Age, educational qualification, occupation, religion, type of the family, area of residence, family monthly income, no of children, about knowledge and sources if information.

Section B-Self Structured Knowledge Questionnaires

A structured knowledge questionnaire was constructed by reviewing the related literature and consultation with experts. The questionnaire consists of 30 multiple choice questions on knowledge regarding selected child welfare programs. Total score is 30. Each question carries one mark and zero for the wrong answer.

RESULTS:

Table 1: Percentage wise distribution of Mothers of under five children according to their demographic characteristics.

n=85

Demographic Variables	Frequency	Percentage (%)
Age(yrs)		
19-22	4	4.7
23-26	49	57.6
27-30	28	32.9
Above 31	4	4.7
Education		
Primary	2	2.4
Secondary	14	16.5
Higher Secondary	60	70.6
Graduate	9	10.6
PG	0	0
Other	0	0
Occupation		
Govt Service	1	1.2
Private Service	24	28.2
Homemaker	45	52.9
Self Employed	15	17.6
Other	0	0
Religion		
Hindu	28	32.9
Muslim	18	21.2
Christian	21	24.7
Buddhist	18	21.2

Others	0	0
Type of family		
Nuclear	59	69.4
Joint	26	30.6
Extended	0	0
Monthly family income(Rs)		
Below 10000	1	1.2
10001-15000	18	21.2

Table.IV.2: Assessment with level of pre-test knowledge score regarding selected child welfare programs among mothers of under five children n=85

Level of knowledge score	Score Range	Level of Knowledge Score	
		Frequency (f)	Percentage (%)
Poor	0-6	26	30.59
Average	7-12	48	56.47
Good	13-18	11	12.94
Very Good	19-24	0	0
Excellent	25-30	0	0
Minimum score		3	
Maximum score		17	
Mean knowledge score		8.17±3.33	
Mean % Knowledge Score		27.25±11.12	

The above table shows that 30.59% of the mothers of under five children had poor level of knowledge score, 56.47% had average and 12.94% of them had good level of knowledge score. Minimum knowledge score in pre-test was 3 and maximum knowledge score in pre-test was 17. Mean knowledge score in pre-test was 8.17±3.33 and mean percentage of knowledge score in pre-test was 27.25±11.12.

Table.IV.3: Assessment with level of post-test knowledge score n=85

Level of knowledge score	Score Range	Level of Post-test Knowledge Score	
		Frequency (f)	Percentage (%)
Poor	0-6	0	0
Average	7-12	0	0
Good	13-18	0	0
Very Good	19-24	52	61.18
Excellent	25-30	33	38.82
Minimum score		20	
Maximum score		29	
Mean knowledge score		23.98±2.29	
Mean % Knowledge Score		79.96±7.65	

The above table shows that 61.18% of the mothers of under five children had very good level of knowledge score and 38.82% of them had excellent level of knowledge score. Minimum knowledge score in post-test was 20 and maximum knowledge score in post-test was 29. Mean knowledge score in post-test was 23.98±2.29 and mean percentage of knowledge score in post-test was 79.96±7.65.

Table IV.4: Table showing comparison of pre-test and post-test knowledge score regarding selected child welfare programs among mothers of under five children in selected area.

Level of knowledge score	Score Range	Pre-test		Post-test	
		Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
Poor	0-6	26	30.59	0	0
Average	7-12	48	56.47	0	0

Good	13-18	11	12.94	0	0
Very Good	19-24	0	0	52	61.18
Excellent	25-30	0	0	33	38.82
Minimum score	3		20		
Maximum score	17		29		
Mean knowledge score	8.17±3.33		23.98±2.29		
Mean % Knowledge Score	27.25±11.12		79.96±7.65		

Table.IV.5: Significance of difference between knowledge score in pre and post-test of mothers of under five children selected child welfare programs n=85

Overall	Mean	SD	Mean Difference	Calculated t-value	df	Tabulated t-value	p-value	Level of significance
Pre-test	8.17	3.33	15.81±4	36.43	84	1.98	0.0001	S,p<0.05
Post-test	23.98	2.29						

Table 6: Association of Pre-test Knowledge Score among mothers of under five children in relation to Demographic Variables n=85

Demographic Variable	Calculated value			df	Tabulated Value	Level of significance p< 0.05	Significance
	t - value	F - value	P - value				
Age (in years)	-	0.63	0.59	3,81	2.68	p>0.05	NS
Educational Status	-	1.22	0.30	3,81	2.68	p>0.05	NS
Occupation	-	5.83	0.001	3,81	2.68	p<0.05	S
Religion	-	3.05	0.55	3,81	2.68	p>0.05	NS
Type of family	1.53	-	0.12	83	1.98	p>0.05	NS
Monthly family Income (Rs)	-	0.87	0.45	3,81	2.68	p>0.05	NS
No of children	-	2.62	0.079	2,82	2.68	p>0.05	NS
Knowledge about selected child welfare program	0.10	-	0.92	83	1.98	p>0.05	NS
Source of Knowledge about selected child welfare program	2.40	-	0.021	83	1.98	p<0.05	S

Table 7: Association of Post-test Knowledge Score among mothers of under five children in relation to Demographic Variables n=85

Demographic Variable	Calculated value			df	Tabulated Value	Level of significance p< 0.05	Significance
	t - value	f - value	p - value				
Age (in years)	-	5.28	0.002	3,81	2.68	p<0.05	S
Educational Status	-	0.15	0.92	3,81	2.68	p>0.05	NS
Occupation	-	0.48	0.69	3,81	2.68	p>0.05	NS
Religion	-	0.70	0.55	3,81	2.68	p>0.05	NS
Type of family	1.09	-	0.27	83	1.98	p>0.05	NS

Monthly family Income (Rs)	5.39	0.002	3,81	2.68	p<0.05	S
No of children	0.59	0.55	2,82	3.07	p>0.05	NS
Knowledge about selected child welfare program	1.23	0.18	83	1.98	p>0.05	NS
Source of Knowledge about selected child welfare program	0.34	0.73	58	2.00	p>0.05	NS

DISCUSSION

In the present study post-test knowledge score of mothers of under five children was higher than pre-test. It shows that 61.18% of the mothers of under five children had very good level of knowledge score and 38.83% of them had excellent level of knowledge score. The mean and standard deviation of the result reveals that mean score is 8.17 and SD is 3.33 in pre- test and mean score is 23.98 and SD is 2.29 in post- study.

Similar study was conducted a study to assess the effectiveness of structured teaching program on knowledge regarding selected child welfare program in India among the mothers of under five children in selected rural area at Bangalore. A Quasi-experiment design with one group pre-test and post-test design was adopted for the present study. The sample for the present study composed of mothers of under five children. A sample of 60 mother who met the inclusion criteria was selected. Non-probability convenient sampling technique was used to select the sample. A structured questionnaires were used to assess demographic variables and knowledge regarding child welfare programs in India among mothers of under five children in the present study. The results revealed that the pre-test mean score of knowledge among mothers of under five children was 38.68 and the post-test mean score was 83.50. The mean difference score was 46.82. The calculated paired test value of $t=31.68$. It was found to be statistically highly significant at $p<0.05$ level.⁶

CONCLUSION

This study concluded that structured teaching program on knowledge regarding selected child welfare programs among mothers of under five children in selected areas of the city was found to be effective as a teaching strategy. Hence, based on the above cited findings, it was concluded undoubtedly that the educational intervention by the investigator in the form of structured teaching program helped the mothers of under five children to increase knowledge regarding selected child welfare programs.

IMPLICATION OF THE STUDY NURSING PRACTICE

Nurses working in the child health nursing and community set up can benefit for such researcher, as it will provide more insight regarding selected child welfare programs among mothers of under five children. When such structured teaching program on selected child welfare programs are made, which cost less and more effective, it will provide sound and comprehensive knowledge to mothers about the selected child welfare programs.

NURSING EDUCATION

Nurses who are up to date with the knowledge about child welfare programs and will impart the knowledge to nursing students which will ultimately update the knowledge. Now days, much emphasis is given on comprehensive care in the nursing curriculum. So this study can be used by nursing teachers as an informative illustration for nursing students. Structured teaching program can be used for imparting knowledge regarding selected child welfare programs could help educators to use it as a tool for teaching. Students must be given clinical field assignment, in which they must be given opportunity to interact with people and create awareness regarding child welfare programs among the mothers of under five children.

NURSING ADMINISTRATION

The administration should take active part in the health policy making. They should communicate on the proper selection, placement & effective utilization of the nurses in hospital & community, giving opportunity for creativity, interest, & ability in educating the mothers of under five children regarding selected child welfare programs. It would help the nursing administrator to be planned and organized or giving continuing education

to the nurses and others to updating and applying the knowledge of selected child welfare programs among mothers of under five children.

NURSING RESEARCH

The findings of the study have added to the existing body of the knowledge in relation with knowledge of selected child welfare programs among mothers of under five children which will enhance the knowledge and would help to keep it updated. Even though the nurse's knowledge was found to be good. Many more areas can be improved with the help of the study data. This study helps the nurse researchers to develop appropriate health education tools for educating the mothers of under five children regarding selected child welfare programs in India according to their demographic, socio- economic, cultural & political characteristics.

LIMITATIONS

- The study is limited to mothers of under five children who reside at selected area.
- The study did not use any control group.
- Small number of subjects where involved limiting generalization of the study.
- Only one domain that is knowledge is considered in the present study.
- The sample for the study was limited to 85 mothers of under five children only.

RECOMMENDATIONS

On the basis of the findings of the study, the following recommendations have been made.

- A similar study may be conducted on a large sample for wider generalization.
- A study can be conducted by including additional demographic variables.
- An experimental study can be under taken with control group for effective comparison of result
- A comparative study can be conducted between rural and urban mothers of under five children regarding the child welfare programs.
- Manuals, information booklets and self-instructional module may be developed in different areas of child welfare programs.
- A study can be carried out to evaluate the efficiency of various teaching strategies like SIM, pamphlets, leaflets and computer assisted instruction on different child welfare programs.

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