

Effectiveness of Learning Package on Knowledge Regarding Child Rearing Among Mothers of Under Five Children

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ABSTRACT

Background: Children are future of society and mothers are guardian of that future, foremost health, safety, and nutrition are important for under five children. Child rearing refer generally to all interactions between mothers and children. They often are unaware that their child rearing knowledge that can affect their children's health includes healthy food habits, Developmental milestones, and preventive measures of accidents. Mothers of under-five children does not have adequate knowledge about child rearing. Thus, by educating theme helps to update knowledge.

Aim: This study aimed to evaluate the effectiveness of learning package on knowledge regarding child rearing among mothers of under-five children.

Methodology: A Quasi- experimental Two group pre-test post-test design and non-probability purposive sampling techniques was adopted to assess the effectiveness of learning package. The sample size was and equally divided into two group,30 in each group (experimental and control group).

Result: The finding of the study reveals that majority of mothers of under-five children belong to the age group 21-25 years. In the experimental group pre-test mean \pm SD of level knowledge was 8.47 ± 2.54 were significant different with post-test mean \pm SD was 20.2 ± 2.55 . In the experimental group pre-test post-test obtained calculated “t” value was (15.41), Mean Difference was 11.73. p-value (<0.0001) was less than 0.05. In the control group and experimental group there was a significance association between marital status and level of knowledge among mothers of under-five children at 0.05 level of significance. Others demographic variables had no significant association with level of knowledge regarding child rearing among mothers of under-five children.

Conclusion: The result showed that there was a significant increase in level of knowledge among mothers of under-five children in the experimental group after administration of learning package.

Key words: Learning package, Level of knowledge, Mothers of under-five children.

INTRODUCTION

Under five children are vulnerable and liable to get various diseases and disabilities which may lead to high mortality. It is very important to provide comprehensive care services to children in order to promote the optimal health level. Mother is one who take care of the child, it is very important that she should need to have knowledge regarding child rearing for her under-five children^[1]

Child rearing refers to bringing up of children by mothers. They need to receive nurturing care from their mothers and family to achieve their full potential. Child health and their future are dependent upon the mother's awareness and education. Mothers should have knowledge regarding child rearing the component of child rearing for under five children are healthy food habits, developmental milestones, and prevention of accidents. Exclusive breastfeeding and timely care during illness that all contributes to a child healthy growth and development.^[2]

World Health Organization and American academics of paediatrics recommended that exclusive breastfeeding for up to first six months, and introducing appropriate complementary foods with breastfeeding for up to two years of age.^[3]

Nutrition is the science of food and relationship with health. Nutrition is a basic human need as well as prerequisite to a healthy life. According to United Nations Children's fund (UNICEF), in the year 2016-2018, reported the causes of childhood malnutrition like insufficient diet, frequent infections, poor breastfeeding practices, delayed introduction of complementary foods and inadequate protein in the diet. Many common health problems can be prevented or alleviated with a healthy diet.^[4]

Under-five children physical and mental development happens during first five years of life, as this period is a significant for child's ability to roll over, crawl, stand, walk, and run are crucial milestones in neurological development.^[5]

Under five children are naturally curious. They learn about the world by physically interacting with the things around them. They like to touch, feel, and explore. They also learn about properties of things by putting them in their mouths. A very young child will drink anything be attracted to moving objects and objects they are just beginning to learn to control their bodies, they can easily trip or fall. As a result of these characteristics, they are high risk for accidents due to drowning, poisoning, cuts, and crashes. This natural tendency to explore the world around them combined with their inability to recognize danger and to inhibit their actions can put under five children at high risk of injury or accidents.^[6]

PROBLEM STATEMENT

A Study to Evaluate the Effectiveness of Learning Package on Knowledge Regarding Child Rearing Among Mothers of Under Five Children at Shri Vinoba Bhave Civil Hospital, Silvassa, Dadra, and Nagar Haveli.

OBJECTIVES OF THE STUDY

1. To assess the pre-test and post-test level of knowledge regarding child rearing among mothers of under-five children in control group and experimental group.

2. To determine the effectiveness of learning package regarding child rearing on improving level of knowledge among mothers of under-five children in control group and experimental group.
3. To find out the association between the pre-test level of knowledge in control group and experimental group with their selected demographic variables among mothers of under-five children.

HYPOTHESES

Hypotheses were tested at the 0.05 level of significance

H_{A1}: There will be significant difference between pre-test and post-test level of knowledge scores regarding child rearing among mothers of under-five children.

H_{A2}: There will be significant association between the level of knowledge and selected demographic variables among mothers of under-five children.

METHODOLOGY

Study Design: Quasi- Experimental two group pre-test post-test research design

Research Setting: Paediatric ward of SVBCH, Silvassa, DNH

Population: Mothers of under-five children admitted in selected hospitals of DNH & DD

Sample Size: 60 mothers of under-five children (30 in control group and 30 in experimental group)

Sampling Technique: Non- probability purposive sampling technique

DESCRIPTION OF TOOL

Section I: Demographic Data of Mothers and Child

Section II: Structured Knowledge Questionnaires on Child Rearing

DATA ANALYSIS AND INTERPRETATION

PART 1: FREQUENCY AND PERCENTAGE DISTRIBUTION BASED ON DEMOGRAPHIC VARIABLES AMONG MOTHERS OF UNDER-FIVE CHILDREN.

Table 1.1: Frequency and Percentage Distribution of Demographic Variables.

SR NO.	DEMOGRAPHIC VARIABLES	CONTROL GROUP (n=30)		EXPERIMENTAL GROUP (n=30)	
		Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
1	Age of mother				
	16-20 years	4	13.3	2	6.7
	21-25 years	15	50	16	53.3
	26-30 years	9	30	10	33.3
	≥ 31 years	2	6.7	2	6.7

2	Religion				
	Hindu	23	76.7	23	76.7
	Muslim	3	10	1	3.3
	Christian	4	13.3	3	10
	Others	0	0	3	10
3	Marital status				
	Married	26	86.7	28	93.3
	Unmarried	4	13.3	2	6.7
4	Professional qualification				
	Profession or honours	0	0	0	0
	Graduate	8	26.7	8	26.7
	Intermediate or diploma	1	3.3	2	6.7
	High school certificate	8	26.7	5	16.7
	Middle school certificate	6	20	6	20
	Primary school certificate	5	16.7	6	20
	Illiterate	2	6.7	3	10
5	Monthly family income				
	≥ 184,376	0	0	0	0
	92,191-184,370	0	0	0	0
	68697-92185	0	0	0	0
	46095-68961	1	3.3	0	0
	27654-46089	6	20	5	16.7
	9332-27648	9	30	14	46.6
	≤ 9226	14	46.7	11	36.7
6	Type of family				
	Joint family	11	36.7	15	50
	Nuclear family	19	63.3	15	50
	Extended family	0	0	0	0
7	Occupation				
	Legislators, senior officials' managers	1	3.33	0	0
	Professionals	1	3.33	0	0
	Technician and associate professionals	0	0	0	0

	Clerks	0	0	0	0
	Skilled workers & market scales workers	0	0	1	3.3
	Skilled agricultural & fishery workers	0	0	0	0
	Craft & related trade workers	4	13.3	1	3.3
	Plant and machine operators & assemblers	0	0	0	0
	Elementary occupation	0	0	0	0
	Unemployed	24	80	28	93.3
8	Previous knowledge regarding child rearing				
	Yes	10	33.3	9	30
	No	20	66.7	21	70
9	Source of information				
	Social media	2	20	2	22.2
	Books and journals	1	10	1	11.11
	Self-experience	5	50	5	55.6
	Elder in family	2	20	1	11.1
	Any others	0	0	0	0
10	Age of child				
	0-1 years	10	33.3	12	40
	2-3 years	14	46.7	15	50
	4-5 years	6	20	3	10
11	Sex of child				
	Male	16	53.3	17	56.7
	Female	14	46.7	13	43.3

PART 2: ASSESS THE PRE-TEST AND POST-TEST LEVEL OF KNOWLEDGE REGARDING CHILD REARING AMONG MOTHERS OF UNDER-FIVE CHILDREN IN THE EXPERIMENTAL GROUP AND CONTROL GROUP.

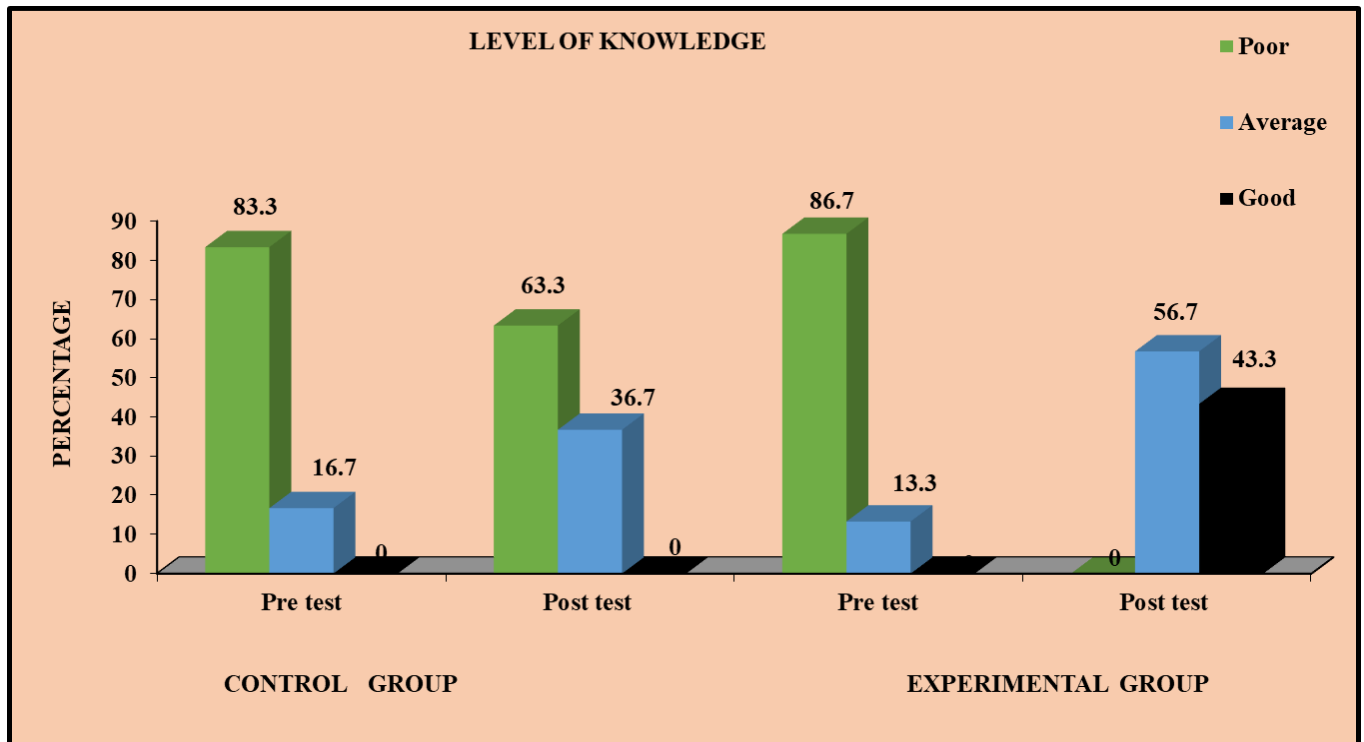


Figure 2.1: Frequency and Percentage Distribution Between Control Group and Experimental Group of Pre-Test and Post-Test Level of Knowledge Regarding Child Rearing Among Mothers of Under-Five Children.

PART 3: EFFECTIVENESS OF LEARNING PACKAGE ON KNOWLEDGE REGARDING CHILD REARING AMONG MOTHERS OF UNDER-FIVE CHILDREN.

Table 3.1: Comparison of Experimental Group Pre-Test and Post-Test to Evaluate the Effectiveness of Learning Package on Knowledge Regarding Child Rearing Among Mothers of Under-Five Children.

n=30

Level of knowledge	Experimental group pre-test		Experimental group post-test		Mean difference	Paired 't'-value	p-value
	Mean	SD	Mean	SD			
Overall	8.47	2.54	20.2	2.55	11.73	15.41	P<0.001 (HS)

NS=non-significant, *-P<0.05=significant and **-P<0.01 &***-P<0.001=Highly significant

Table 3.1 reveals that in experimental group pre-test and post-test the overall, calculated "t" value was 15.41, mean difference was 11.7, p-value (<0.001) was less than 0.05.

Hence the stated hypothesis (H_{A1}) was accepted that there will be significant difference between pre-test and post-test level of knowledge scores regarding child rearing among mothers of under-five children.

Table 3.2: Comparison Between Control Group and Experimental Group Post-Test to Evaluate the Effectiveness of Learning Package on Knowledge Regarding Child Rearing Among Mothers of Under-Five Children.

n=30

Level of knowledge	Control group post test		Experimental group post-test		Mean difference	Independended 't'-value	P-value
	Mean	SD	Mean	SD			
Overall	9	2.98	20.2	2.55	11.2	15.62	P<0.001 (HS)

NS=non-significant, *-P<0.05=significant and **-P<0.01 &***-P<0.001=Highly significant

The table 3.2 reveals that in control group and experimental group post-test the overall calculated t' value was 15.62, Mean Difference was 11.2,P- value (0.001) was less than 0.05.

Hence the stated hypothesis (H_{A1}) was accepted that there will be significant difference between pre-test and post-test level of knowledge scores regarding child rearing among mothers of under-five children.

PART 4: ASSOCIATION BETWEEN THE LEVEL OF KNOWLEDGE WITH SELECTED DEMOGRAPHIC VARIABLES

There was a significance association between marital status and level of knowledge among mothers of under-five children so that stated hypothesis (H₀₂) was accepted and others demographic variables had no significant association with level of knowledge regarding child rearing among mothers of under-five children so that stated hypothesis (H₀₂) was rejected.

DISCUSSION

Section 1: Assess the Pre-Test and Post-Test Level of Knowledge Regarding Child Rearing Among Mothers of Under-Five Children in The Experimental Group and Control Group.

In the present study showed that in control group pre-test for the overall 25 (83.3%) mothers had poor score and only 5(16.7%) mothers had average knowledge score. In the post -test 19(63.3%) mothers had poor and 11(36.7%) mothers had average knowledge score. In the experimental group pre-test 26(86.7%) mothers had poor knowledge whereas 4(13.3%) mothers had average knowledge, and in the post -test 17(56.7%) mothers had average knowledge whereas 13(43.3%) mothers had good knowledge.This study is consisted with following studies.

The finding of the study were supported by **Jayanthi J. (2022)**, on Comparative Study to Assess the Knowledge and Practice Regarding Child Rearing Practice among Working and Nonworking Mothers of 1 to 3 Years of Children. The result of the study showed that the knowledge in working mothers 66% & in nonworking mothers 74% had average knowledge, in working 32% & in nonworking mothers had 24% good knowledge, in working & non-working mothers both 2% had of excellent knowledge.^[7]

Section 2: Effectiveness of Learning Package on Knowledge Regarding Child Rearing Among Mothers of Under-Five Children in Control Group and Experimental Group.

In the present study findings revealed that comparison of experimental group pre-test and post-test the overall mean difference was 11.7, calculated "t" value was 15.41, p-value (<0.001) was less than 0.05. Hence the stated hypothesis (H_{A1}) was accepted that there will be significant difference between pre-test and post-test level of knowledge scores regarding child rearing among mothers of under-five children.

The finding of the study were supported by **Tamilarasi B. (2014)**, on Effectiveness of educational intervention package on knowledge and practice regarding child rearing among mothers of infant. The finding of the study showed that the paired “t” test value was 20.7 it is highly significant at the level of $p < 0.001$. The difference between pre-test and post-test level of knowledge score is high and it is statistically very high significant. Thus, it indicates the effectiveness of educational intervention package on child rearing among mothers of infant.^[8]

Section 3: Association Between the Level Of Knowledge in Control Group and Experimental Group with their Selected Demographic Variables Among Mothers of Under-Five Children.

In this present study there was a significance association between marital status and level of knowledge among mothers of under-five children so that stated hypothesis (H_{02}) was accepted and others demographic variables had no significant association with level of knowledge regarding child rearing among mothers of under-five children so that stated hypothesis (H_{02}) was rejected. This study is consisted with following studies.

The finding of the study were supported by **D' Souza A. (2013)**, a descriptive study to assess the knowledge and attitude on child rearing among 150 fathers of hospitalized children of 1-6 year of age. The result of the study showed that there was no significant association between knowledge with their selected socio demographic variables among fathers.^[9]

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