

A Study to Assess the Knowledge Regarding Selected Behavioural Problems Among Under Five Children Mothers in Selected Urban Areas of Amritsar, Punjab with A View to Develop an Informational Booklet

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Abstract:

The Present study was focus on the assessment of the knowledge regarding selected behavioural problems among the under five children mothers. A descriptive non experimental study was carried out in selected urban area of Amritsar, Punjab. A total 100 mothers of 20-40 year age group of under five children were selected by adopting the non-probability purposive sampling techniques. Structured knowledge Questionnaire was framed to assess the behavioural problems. The finding of the study revealed that that 63.33% of parents had low knowledge followed by average knowledge (20.43%), high knowledge (19.24%). The study concluded that counselling is needed for the parent and an informational booklet was developing based on learning need of mothers.

Keywords: Behavioural problem, under-five children, Knowledge, information booklet.

Introduction:

India is one of the developing countries in the world. Children contribute around 40% of the population. Children are vulnerable, who need to be protected and cared. Today's healthy children are tomorrow's healthy citizens. Health of a child is basically placed in the hands of parents.

Every child faces emotional difficulties from time to time, as do adults. Feelings of sadness or loss and extremes of emotions are part of growing up. The first five years of a child's life involve many changes and challenges that can result in strong negative feelings. The emergence of new verbal skills, self-awareness and goal directed behaviour coincides with parents and careers beginning to impose rules and limits. Thus, clashes are likely to be common during this period and children are likely to express frustration and anger physically.

Behavioural difficulties is common in normal, in toddlers and preschoolers include, Temper tantrum, thumb sucking, pica, enuresis, teeth grinding, nail biting.

Nurse plays a pivotal role in identifying behavioural problems of the under five children. Through health education, nurse encourages the mothers to adopt health promoting life style and practices.

Need of the study

Australian statistics suggest that parental concern about children's behaviour is relatively common. In one investigation, 10 per cent of parents expressed concern about the behaviour of their child under 18 months, 20 per cent had concerns about a child in the 18-month to three-year-old age group, 30 per cent had concerns about a child in the 3 to 4.5 year age range and 34 per cent had concerns about a child older than 4.5 years. Up to 50% of preschool children with behaviour problems will continue to experience problems in the school years unless they are addressed.

In India according to world health report 2001, 15% of children have serious emotional disturbance⁵. According to ICMR, overall prevalence of mental and behavioural disorder in Indian children to be 12.5%. Studies conducted in rural and urban areas of different parts of India suggest prevalence of behaviour disorder ranges from 1.6%-41.3%.

Overall 1.2% to 3% children suffer from behavior disorders in India .10% are school aged children .Boys have 4 times more risk than that of Girls. 80% have features into adolescence. 65% enter adulthood with the features.

Objectives of the Study:-

1. To assess the knowledge of under five children mothers regarding selected behavioural problems.
2. To find out the association between knowledge of under five children mothers regarding selected behavioral problems with their socio-demographic variables.
3. To develop informational booklet based on learning needs of the under five children mothers regarding selected behavioural problems.

Assumptions:

1. Under five children mother's poses limited knowledge regarding behavioural problems.
2. There may be a significant relationship between knowledge of mothers of under five children and selected socio-demographic variables.

Research Methodology:

The present study was Non Experimental Descriptive in nature. Mothers of under- five children between the age group of 20-40 year were selected by Non Probability, purposive sampling techniques structured questionnaire was developed to gather the information related to socio-demographic data and knowledge level of the mother regarding selected behavioural problem. Validity and reliability of the tools was established before application for the data collection. The reliability of the tool was measured by using Coefficient alpha method and it was found 0.80. It was highly acceptable and shows that the tools are highly efficient to gather the data.

Results of the Study:

Tab.1 Knowledge level of the Mothers

Knowledge Level	N	Mean	SD	N %
Excellent	3	22.67	.577	4.6
Good (51% - 75%)	25	19.08	1.256	32
Average (26% - 50%)	54	13.96	1.453	50.7

Knowledge Level	N	Mean	SD	N %
Excellent	3	22.67	.577	4.6
Good (51% - 75%)	25	19.08	1.256	32
Poor	18	10.39	.502	12.6
Total	100	14.86	3.461	100%

In this study maximum no. of mothers fifty four (54) have Average Knowledge (Score 26-50%) with mean score of 13.96 and SD of 1.453. the overall mean knowledge score was 14.86 and SD calculated was 3.461

Tab.2 Association of knowledge with socio demographic

Demographic variables	Frequency (n)	Percentage (%)	df	X
Age (In years)				
20-25 years	21	21	9	.494 NS
26-30 years	36	36		
31-35 years	32	32		
36-40 years	11	11		
Educational Qualification				
Primary	13	13	9	.630 NS
Secondary	32	32		
Graduate	33	33		
Post graduate	22	22		
Income				
< RS 5000	32	32	9	.674 NS
RS 5001-RS 10,000	39	39		
RS 10,001-RS 15,000	19	19		
RS 15,001 above	10	10		
Occupation				
House wife	74	74	9	.667 NS
Self/Private	07	7		
Government	10	10		
Labor	9	9		
Religion				
Hindu	52	52	9	.541 NS
Sikh	42	42		
Christian	5	5		
Muslim	1	1		
Family				
Joint	60	60	9	.943 NS
Nuclear	38	38		
Extended	2	2		

Source of Information regarding Behavioral problems among children				
	35	35	12	.728 NS
Television	19	19		
Print Media	38	38		
Family members	6	6		
Health care provider	2	2		
No previous information				

There is no significant association was found among the mother of knowledge regarding behavioural problems of children with socio-demographic profile of the mother.

Discussion:

In age category more number of mothers of under five children age groups lies between 26 to 30 years, Majority of mothers 33(33%) were completed their graduation, majority of mothers 74(74%) were working as housewife, Majority of 39(39%) subjects family income is between 5001-10,000, According to their religion, majority of Subjects 52 (52%) were belonging to Hindu religion. Majority of respondents 60(60%) were belonging to joint family, Majority of respondents 38 (38%) possess previous information regarding selected behavioural problems through family members.

Maximum number of the respondents 54(54%) had Average knowledge, 25(25%) had good knowledge and 18(18%) had poor knowledge and lastly 3(3%) had excellent knowledge regarding selected behavioural problems among mothers of under-five children’s.

These study findings were supported by a descriptive study was conducted by Bhatia MS, Dhar NK, Singhal PK to assess the knowledge of parents related to behavioural problems of school children, in India. They had selected 696 parents. Data were collected by structured interview. The findings of the study revealed randomly that 63.33% of parents had low knowledge followed by average knowledge (20.43%), high knowledge (19.24%). The study concluded that counselling is needed for the parent.

Ethical Clearance:-

Ethical approval was obtained from the institutional ethical committee and written consent was obtained from the study participants

Conflict of Interest

Author have no conflict, study was self-financed

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