A Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge of Mothers Regarding Home Based Preventive Measures of Acute Respiratory Infection

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Abstract

A pre-experimental study was conducted on 30 mothers of under five children to assess the effectiveness of structured teaching programme on their knowledge regarding home based preventive measures of acute respiratory infection with the objectives of assessing the knowledge of mothers regarding ARI and to find out the association The conceptual model adopted for the study was Roy's Adaptation Model (1989).

One group pretest posttest design, with an evaluative approach was used for the study. The knowledge assessment questionnaire which consists of 30 questions regarding ARI and its home based prevention. The minimum score of the knowledge assessment questionnaire was 0 and maximum score was 30. The study findings revealed that the in pre-test, 6.67% of mother were having poor knowledge while 93.33% mothers were having adequate knowledge. Where as in posttest test 46.67% of mothers were having adequate knowledge and 53.33 were having good knowledge. Paired 't' test results showed statistically significant gain in knowledge with the t calculated (23.09*) at (p<0.001) after the administration of structured teaching programme.

The study concluded that there was a need of educational programs for the mother to enhance their knowledge regarding the prevention of ARI among under five children.

Keywords: Structured Teaching Programme; Acute Respiratory Infections; Mortality.

Introduction

In India, more than four lakh deaths every year are due to pneumonia (accounting for 13-16% of all deaths in the pediatric admissions). About 40% child mortality of the world occur due to acute respiratory infections in only four Asian countries: India, Bangladesh, Indonesia and Nepal.

The relation between parental education and acute respiratory infection in children has brome explored in other parts of the world but remains relatively unexplored in district Kangra (HP). Children are the future of a Nation. It Is absolutely essential to protect child's health, if we have to build a sound foundation for the health of a nation. Acute respiratory infection (ARI) is identified as the most fetal disease among children throughout the world. Worldwide 20% mortality among children is attributed to respiratory tract infection. It is estimated that Bangladesh, India and Nepal account for 40% of the global modality. India being a large country with a large population but minimal resources for community services is not reachable to all children.

WHO report states that children below five years of age suffer about five episodes of ARI per child per year. ARI is responsible for about 30-40% of visit to health care facilities and for about 20-40% admissions to hospitals.

Need for the Study

Children are our future. Their energy and hope inspires the older generation. Acute respiratory tract

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infection ARI in children less than five years old is the leading cause of mortality in world. Acute respiratory infection is the most common cause of hospitalization and death in children living in the developing countries.The statistic show that the respiratory tract infection in infant and children is a major problem that accounts for a large share of childhood mortality and morbidity.

The Problem

A study to assess the effectiveness of structured teaching programme on knowledge of mothers regarding home based preventive measures of acute respiratory infection.

Objectives

1. To assess the pre test knowledge score of mothers regarding the home based preventive measures of ARI.

2. To assess the post test knowledge score of mothers regarding the home based preventive measures of ARI.

3. To compare pre and post test knowledge score of the mothers regarding home based preventive measures of ARI.

4. To find out the association of level of knowledge of mothers with their demographic variables.

Material and Methods

A pre-experimental, One group pretest-posttest design, with an evaluative approach was used for the study. The independent variable of the study was the structured teaching programme and the dependent variable was the knowledge of mothers. The conceptual model adopted for the study was Roy's Adaptation Model (1989). The literature review further enable investigator to develop the conceptual framework, methodology and decide plan for analysis. The review of related research and non-research literature help the investigator to develop tools and the procedure of knowledge assessment of mother's of under-five children regarding ARI.

The study was conducted on 30 mothers of under five children residing in Palampur, district Kangra. Non- probability purposive sampling technique was used to collect the data.

The tools developed and used for data collection were demographic variables and knowledge assessment questionnaire. The level of knowledge of the mothers was assessed by using knowledge

assessment questionnaire which consists of 30 questions regarding ARI and its home based prevention. The minimum score of the knowledge assessment questionnaire was 0 and maximum score was 30. The pilot study confirmed the feasibility of the study. The data obtained was tabulated and analyzed in terms of the study using descriptive and inferential statistics.
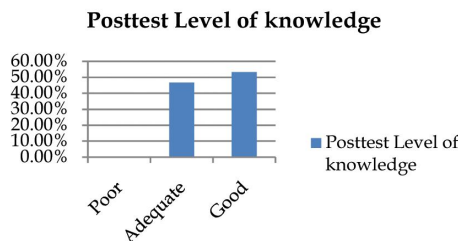
Findings

Major findings of the study are summarized as follows:

Fig. 1: Frequency and percentage distribution at selected demographic variables

Sr. no.	Demographic variables	f	%
1	**Age(in years)**		
	a) 18-25	15	50.00
	b) 26-32	11	36.67
	c) 33-39	04	13.33
	d) 40 and above	00	00.00
2	**Education**		
	a) Illiterate	01	03.03
	b) Primary	02	06.47
	c) Middle	12	26.07
	d) Secondary	08	23.03
	e) Graduate	07	00.00
3	**Occupation**		
	a) Housewives	25	83.33
	b) Own business	03	10.00
	c) Private job	00	00.00
	d) Govt. job	02	06.77
4	**Income(in rupees)**		
	a) 5000 and less	14	46.66
	b)5000-10000	09	30.00
	c)10000-20000	07	23.44
	d)20000 and above	00	00.00
5	**Type of family**		
	a) Joint	15	50.00
	b) Nuclear	15	50.00
	c) Extended	00	00.00
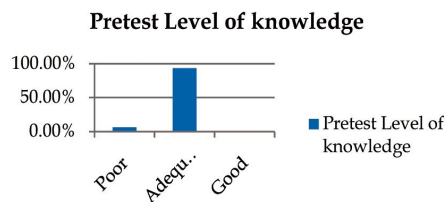
Fig. 1: Bar diagram showing pretest level of knowledge

Fig. 2: Bar diagram showing pretest level of knowledge

Findings Regarding the Level of Knowledge

Pre-test: According to the pretest level of knowledge, 6.67% of mother i.e. 2 mothers were under poor category, 93.33% i.e. 28 mothers were having adequate knowledge, no one was there with good knowledge regarding ARI.

Post-test: According to the post-test level of knowledge, 46.67% of mothers i.e. 14 mothers were having adequate knowledge, 53.33 i.e. 16 mothers were having good knowledge. No one was there with poor knowledge after giving the structured teaching programme on home based preventive measures regarding ARI.

Paired 't' test results showed statistically significant gain in knowledge with the t calculated (23.09*) at (p<0.001) after the administration of structured teaching programme.

Conclusion

Based on the findings of the study, the following conclusions were drawn that, overall pretest knowledge score was not up to the mark for the prevention of ARI. There was a need of teaching programs for the mothers with under five children to reduce the mortality rates due to ARI. Post-test results showed significant improvement in the level of knowledge among the mothers.

Thus it was concluded that structured teaching programme was an effective method for mothers to increase their level of knowledge about prevention of ARI.

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