



# EFFECTIVENESS OF STRUCTURED TEACHING PROGRAM ON KNOWLEDGE REGARDING INFANT REARING AMONG THE MOTHERS IN A SELECTED AREA OF DADRA AND NAGAR HAVELI

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**Abstract:** This study aimed to assess the effectiveness of structured teaching program on knowledge regarding infant rearing among the mothers in a selected area of Dadra Nagar Haveli. The objectives of the study were to assess the pre-intervention score on knowledge and knowledge on practice regarding infant rearing among mothers residing in a selected area of Dadra and Nagar Haveli. The conceptual framework was based on Von Bertalanffy's Systems model (1968). Study adopted a quantitative approach with a pre-experimental (one group pre-test and post-test) design. The study subjects were mothers of infants who were registered under the health and wellness centres of Dapada, Chinchpada, and Vasona. The sample size was 149. A convenient sampling technique was used. The data was obtained using Demographic proforma, Clinical proforma, structured knowledge questionnaire on infant rearing. The major findings of the study were as follows: Among 149, majority i.e. 106 (72%) had below average pre test and 43 (28%) had average pre test score. Out of 149 mother's 120 (81%) had excellent knowledge in post test and 29 (19%) had good knowledge. There was insignificant association between knowledge and all selected demographic variables. The study concluded that the structured teaching program was effective in improving knowledge and knowledge on practice among mothers regarding infant rearing.

**IndexTerms – Structured Teaching Program, Knowledge, Infant rearing, Mothers.**

## I. INTRODUCTION

### 1.1. BACKGROUND OF THE STUDY

The first few days of life are a period of the transition occurring all of a sudden from parasitic fetal life (intrauterine environment) to a completely independent life (extra Uterine life).<sup>1</sup> The process of birth and adaptation to the new surroundings depends upon several adjustments, especially on the part of the newborn baby especially. According to NFHS-5 Dadra and Nagar Haveli has IMR of 30.4 % in rural areas and 33.3% in urban areas. One of the determinants of child morbidity and mortality is "child-rearing practice." Socioeconomic environment, child-rearing practice, and nutrition and health status play a synergistic role that can alter the growth and development of a child. The reasons usually cited for the poor state of infant and child health in India are inadequate neonatal care, insufficient breastfeeding, malnutrition, low immunity, and high incidence of communicable diseases.<sup>3</sup> Parents are architects of the nation's future "The Children". Parental beliefs and attitudes are regarded as filters through which the behavior of the infant is channeled and the thoughts and ideas of the parents are mutually regulated by the infant. They shape the future generations thereby causing some to lead, some to revolt, and some to accept and follow and subjugate.<sup>4</sup> It is through their parents' eyes that the child sees the world and these eyes need to have a clear vision or the child's worldview will be blurred. Parents and parenting are an important part of the child's ecology. Child development refers to the biological, psychological, and emotional changes that occur in human beings between birth and the end of adolescence, as the individual progresses from dependency to increasing autonomy. Human beings have a keen sense to adapt to their surroundings and this is what child development encompasses.<sup>5</sup> The optimal development of children is considered vital to society and so it is important to understand the social, cognitive, emotional, and educational development of children. The care of the newborn in the family is governed by the family's knowledge of the mother. The mother's knowledge and practice play a crucial role in safeguarding the health and enhancing the newborn's adaptation to the new environment. Many times, a mother has learned it by paying a heavy price through the death of 1 or 2 of her infants. There is a lack of care in feeding, immunization, umbilical cord care, and prevention of hypothermia.<sup>13-16</sup> S, P. and Prasad, K.V.S. (2015) conducted a cross-sectional study among 600 mothers in Government General Hospital Kakinada to assess their knowledge of infant feeding practice. A semi-structured questionnaire was used to collect the data. Results showed that 81% of the mother belong to the Hindu religion, 64% belong to the nuclear family, 50% of

mothers were working and 49% of mothers belonged to low socioeconomic status. 42.7% of mothers did not know about exclusive breastfeeding and only 20.6% of mothers had awareness regarding the introduction of complementary feeds. Promoting health at home and within the wider community plays an essential part in the reduction of children's morbidity and mortality rates.<sup>17-19</sup> WHO report states that integrated approaches like good feeding practice, immunization, improved hygiene and the healthy development of children will help to reduce the child mortality rate. So, investigators felt that it is necessary, to conduct a study on mothers to enhance their knowledge and practice regarding infant rearing.<sup>20</sup>

## 1.2. STATEMENT OF THE PROBLEM

A study to assess the effectiveness of structured teaching program on knowledge regarding infant rearing among the mothers in a selected area of Dadra Nagar Haveli.

## 1.3. OBJECTIVES OF THE STUDY

- To assess the pre-intervention score on knowledge regarding infant rearing among mothers residing in a selected area of Dadra and Nagar Haveli.
- To design and validate a structured teaching program for improving the knowledge on infant rearing in selected areas of Dadra and Nagar Haveli.
- To assess the post-intervention score on knowledge of mothers regarding infant rearing among mothers residing in selected areas of Dadra and Nagar Haveli.
- To evaluate the effectiveness of structured teaching program in terms of knowledge on child rearing among mothers residing in selected areas of Dadra and Nagar Haveli.
- To find out the association between the Pretest level of knowledge regarding infant rearing and selected socio-demographic variables among mothers residing in selected areas of Dadra and Nagar Haveli.

## 1.4. HYPOTHESES

H<sub>1</sub>: There is a significant difference in the level of knowledge of mothers on infant rearing, before and after the administration of a structured teaching program among mothers residing in selected areas of Dadra and Nagar Haveli.

H<sub>2</sub>: There is a significant association between the Pretest level of knowledge regarding infant rearing among mothers residing in selected areas of Dadra and Nagar Haveli and selected socio demographic variables.

## 1.5. DELIMITATIONS

The study was delimited to mothers of infants who are who were registered under the health and wellness centres of Dapada, Chinchpada and Vasona area of Dadra and Nagar Haveli.

## II. REVIEW OF LITERATURE:

The review of literature is a key step in the research process. A review of literature refers to extensive, exhaustive, and systematic examinations of publications relevant to the research project. A review of literature is undertaken to establish the need for the study, methodology, and development of a tool. The review of the literature in this chapter is presented as follows.

1. Literature and studies related to knowledge regarding infant rearing.
2. Literature and studies related to the effectiveness of Structured Teaching Program on knowledge regarding infant rearing.

## III. RESEARCH METHODOLOGY

### 3.1. Research approach

Quantitative approach

### 3.2 Research design

A Pre experimental (One group pre test and post test) design

### 3.3 Research setting

Health and wellness centres namely Dapada, Chinchpada, and Vasona

### 3.4 Sample

150 mothers of infants

### 3.5 Sampling criteria

- ✓ Mothers of infants who are permanently residing in the Dapada, Chinchpada and Vasona areas of Dadra and Nagar Haveli.
- ✓ Any mother having a infant with birth asphyxia, chromosomal abnormality congenital heart disease, congenital renal disease congenital malformation; or preterm babies were excluded from the study.
- ✓ Any mother whose neonates were admitted to the nursery immediately after birth.

### 3.6 Sampling technique

Convenient sampling technique.

### 3.7 Ethical considerations

- Permission from research cell, DBU was obtained.
- Ethical and administrative approval was obtained from the Ethical committee, Shri Vinoba Bhave Civil Hospital, Silvassa, Dadra and Nagar Haveli.
- An informed consent was taken from the study samples.
- Anonymity and confidentiality were maintained throughout the study

### 3.8. Description of data collection instruments

The study aimed to assess the effectiveness of structured teaching program on knowledge and knowledge on practice.

**Tool 1: Demographic proforma:**

**Tool 2: Clinical Proforma:**

**Tool 3: Structured knowledge questionnaire on infant rearing.**

To determine the clarity of the items and the time required for completion of the necessary intervention, pretesting was conducted among five mothers from Galonda area on 20<sup>th</sup> March 2019. Reliability was assessed through a test-retest method on twenty mothers from Kilvani village. The reliability score (r) of tool 3 was 0.98. There was consistency in responses to items in tools 1, and 2. A pilot study was conducted to assess the feasibility. It was carried out on ten women to assess the feasibility and practicability of the study on 10 mothers. The study was found feasible and practicable. Pre-test on the knowledge and practice of mothers was taken using a structured knowledge questionnaire on infant rearing and structured practice checklist on infant rearing. Structured teaching program was given on infant rearing. During Second visit Post-test on knowledge and practice of mothers was taken using a structured knowledge questionnaire and structured practice checklist. 150 mothers were selected from these three health and wellness centres. Of these, 1 were lost resulting in a final sample of 149 mothers.

## IV. RESULTS AND DISCUSSION

### Section 1: Description of socio demographic variables

A total of 149 mothers were included in the study and the distribution of sample based on the selected socio demographic variables is presented in table 1.

**Table 1: Frequency and percentage distribution of socio demographic variables (n=149)**

Sl. No	Socio demographic variables	Frequency (f)	Percentage (%)
1	<b>Age in years</b>		
	Below 25	77	51.67
	25-30	72	48.33
2	<b>Educational status</b>		
	No formal education	108	72.48
	Middle school(5 <sup>th</sup> -7 <sup>th</sup> )	15	10.07
	High school(8 <sup>th</sup> -10 <sup>th</sup> )	11	7.38
	Graduate	15	10.07
3	<b>Monthly family income(Rs)</b>		
	Less than 4000	64	42.95
	4001-8000	32	21.48
	8001-12000	29	19.46
	12001-16000	24	16.11
	16001-20000	0	0
	Above 20000	0	0
4	<b>Type of family</b>		
	Joint	68	45.64
	Nuclear	81	54.3
5	<b>Previous information regarding Infant rearing</b>		
	No	127	85.24
	Yes	22	14.76

5.1	Access for health related information		
	Television	4	18.18
	Radio	7	31.82
	Newspaper	6	27.27
	Health personnel	5	22.73

## Section 2: Effectiveness of Structured Teaching Programme on knowledge of the mothers regarding infant rearing

Table 2: Area wise Mean, Mean Differences, Standard deviation and Paired 't' test value of pre test and post test based on Knowledge score (n=149)

Area	Item	Mean		Mean Difference	S.D. of difference	Paired 't' test	Df	P-Value
		Pre test	Post test					
General information on child rearing	03	0.91	2.46	1.54	1.02	18.4	148	<0.001
Breast Feeding	17	5.42	14.08	8.66	2.55	41.37		<0.001
Immunization	14	4.78	11.83	7.04	2.12	40.51		<0.001
Growth and development	27	11.86	23.00	11.15	3.68	36.95		<0.001
Hygiene and safety practice	15	5.62	12.35	6.73	2.39	34.34		<0.001
Danger signs of illness and management	12	4	10.06	6.06	2.15	34.24		<0.001
Complementary feeding	19	7.14	14.02	6.87	2.72	30.85		<0.001
Overall	107	39.75	87.83	41.20	6.52	77.10		<0.001

## Section 3: Association between knowledge and selected demographic variables

The data showed that there was insignificant association between knowledge and all selected demographic variables like age, educational status, monthly family income, type of family previous exposure to knowledge on infant rearing.

### V CONCLUSION:

It can be concluded that structured teaching programme can be used as a strategy for improving the knowledge and knowledge on practice among mothers of infants regarding infant rearing.

### VI IMPLICATIONS

#### Nursing practice

The trend is being shifted from hospital based care to community based care. Inaccessibility to health care services is a major reason for poor knowledge and practices. The educational interventions need to be planned and prioritized based on the need of the mothers since the important aspects of nursing care are based on health promotion, primary and secondary levels of prevention. Practically and preferably, professional nursing services focusing on providing health care and services to the entire community is an ideal solution to meeting the demands of community health care. Conducting community based health education are the best cost effective interventions that can improve the life of child. Nurses can educate clients regarding the importance of infant rearing by teaching and motivating them to follow correct rearing practices.

#### Nursing education

Aspects of public health such as support for health activity need to be included in the education program which helps the students to identify and participate in the interventions provided collaboratively to the residents by the community allies including the health centre and other facilities.

#### Nursing administration

Community based health education and group interventions to manage the health problems of the people can be effectively practiced under the supervision of nurse administrators. In the out-patient setting of hospitals, policies need to be developed for the nursing personnel to teach the child rearing.

#### Nursing research

The statistical data of the present study gave an outlook about the mothers knowledge regarding infant rearing and this study motivates the nurse researchers to undertake further studies in the area of infant rearing.

## VI. ACKNOWLEDGMENT

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