

# EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE OF MOTHERS REGARDING GROWTH AND DEVELOPMENT OF TODDLERS

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## ABSTRACT

The present study investigates the “Effectiveness of structured teaching programme on knowledge of mothers regarding growth and development of toddlers at selected Anganwadis of Vazhayoor Panchayath”. The study was conducted among 30 mothers of toddlers who were attending the Anganwadis of Vazhayoor Panchayath, Malappuram district. Nola J Pender’s Health Promotion Model has been used as the theoretical framework for the study. A quantitative approach with a pre experimental one group pretest posttest design was used for this study. Initially a knowledge questionnaire was generated for the study purpose and it was validated and the reliability was also established. Later a pretest has been conducted among 30 mothers of toddlers attending the Anganwadis and the pretest scores were calculated. Further a structured teaching programme was given and a posttest was conducted on the following days. The posttest score compared with pretest score by using descriptive and inferential statistics to identify the effectiveness of structured teaching programme on the knowledge level of mothers regarding growth and development of toddlers. The results of the study revealed that among the 30 sample 21(70%) had inadequate knowledge and 9(30%) had adequate knowledge before the educational intervention. On the other hand out of 30 sample 23(76.6%) have adequate knowledge and rest 7(23.3%) have inadequate knowledge after the educational intervention. There is no association between pretest knowledge score and socio demographic variables.

**Keywords:** Structured teaching programme, knowledge of mothers, growth and development of toddlers.

## INTRODUCTION

Growth and development are usually referred to as a unit, which expresses the sum of the numerous changes that takes place during the life time of an individual. There are definite and predictable pattern in growth and development that are continuous, orderly, and progressive. These patterns, or trends, are universal and basic to all

human beings, but each human being accomplishes these in a manner and time unique to that individual. The toddler period begins from 12 to 36 months of age. As the toddler begins to interact with others outside the family, the parents help the child conform to the expectations of society. When the first child reaches the toddler period, parents feel more comfortable with parenthood, and develop their parental skills and roles, thereby, establish a stable family unit.<sup>1</sup>

Parents and caregivers make sure that children are healthy and safe, equip them with the skills and resources to succeed as adult, transmit basic cultural values to them. Parents and caregivers offer their children love, acceptance, appreciation, encouragement, and guidance. They provide the most intimate context for the nurturing and protection of children as they develop their personalities and identities and also as they mature physically, cognitively, emotionally, and socially.<sup>2</sup>

## **MATERIALS AND METHODS**

The present study aimed at assessing the effectiveness of structured teaching programme on knowledge of mothers regarding growth and development of toddlers at selected anganwadis at Vazhayoor panchayath, Malappuram. In order to accomplish the objectives of the study a quantitative research approach pre experimental one group pretest posttest design was adopted. The study was conducted at selected wards of Vazhayoor panchayath, Malappuram district. In this study 30 mothers who met the inclusion and exclusion criteria was selected by convenient sampling method. A structured knowledge questionnaire was used to collect the data, Section A consist of demographic variables (age, educational status, occupation, type of family, number of children, sources of information regarding growth and development of toddlers) and Section B consist of structured questionnaire on knowledge regarding the growth and development of toddlers. There are total 30 items in the tool, each correct question carry one mark and each wrong or unattended question carry zero mark. The score were classified into adequate (15-30), inadequate (<15). The content validity of tool was established by 5 experts from the field of Pediatric nursing, Obstetrics and Gynecological nursing, Community health nursing, Mental health nursing and Medical surgical nursing. The content validity index of the tool was 0.96. The pilot study was done among 3 subjects and the study found to be feasible. Formal administrative permission to conduct the study was taken from Principal, MIMS College of nursing. IEC permission was taken from MIMS College of nursing ethics committee. Permission for

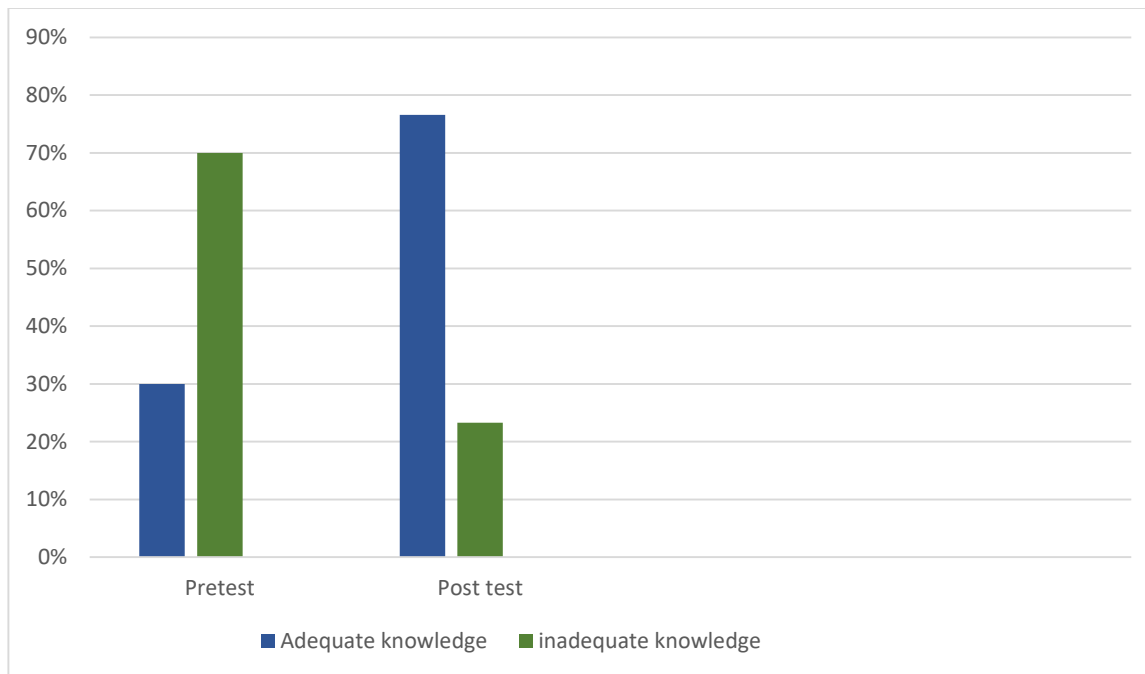
conducting the study was taken from panchayath president, Vazhayoor. Written informed consent was obtained from each study participant. The data collection was done in June 2018. The purpose of the study was explained to each sample. Basic information was collected using a demographic proforma and pretest knowledge was assessed using a structured knowledge questionnaire. Total 30 minutes was taken to administer the questionnaire. Structured teaching programme which contains different aspects of growth and development of toddlers like motor, sensory, social, biological, behavioral developments, language, nutrition and care of teeth. Total duration of structured teaching programme was 1 hour. After 7 days, posttest was done by using the same knowledge questionnaire from the study subjects. The data collected were tabulated and analyzed in term of objective of study using descriptive and inferential statistics.

## RESULT

It describes briefly about present study findings. The present study aims to find the effectiveness of structured teaching programme on knowledge of mothers regarding growth and development of toddlers at selected anganwadis of Vazhayoor panchayath, Malappuram district.

### Major study findings

- Majority of the samples (53.3%) belongs to the age group of 26 -35.
- 66.6% of the sample have secondary level of education.
- 76.6% were home makers.
- 53.3% of samples belongs to nuclear family.
- 60% of samples get information from the print media.
- About 53.3% of them have two children.
- Among the 30 sample 21(70%) had inadequate knowledge and 9(30%) had adequate knowledge before the educational intervention.
- On the other hand out of 30 sample 23(76.6%) have adequate knowledge and rest 7(23.3%) have inadequate knowledge after the educational intervention.
- There is no association between pretest knowledge score and socio demographic variables.



### Level of knowledge of mothers regarding growth and development of toddlers in the pretest and posttest.

The above figure shows that the level of knowledge of mothers were increased after the structured teaching programme (76.6%). Thus structured teaching program was found to be effective in improving the knowledge level of mothers regarding growth and development of toddlers.

## DISCUSSION

The present study aims to assess the effectiveness of structured teaching programme on knowledge of mothers regarding growth and development of toddlers at selected anganwadis of Vazhayoor panchayath, Malappuram district. The result shows that among 30 samples 70% have inadequate knowledge and 30% have adequate knowledge before the educational intervention. After the educational intervention 76.6% of samples attained adequate knowledge and rest 23.3% have inadequate knowledge. The findings of the study discussed in relation to the findings of the studies reviewed by investigators

A similar study conducted among 114 mothers of children between birth to 3 years regarding growth and development of their children. The data for the study were collected by using semi structured interview schedule. The findings shows that the mothers had below average knowledge regarding (47%) growth, average knowledge

regarding development (71%) and factors affecting growth and development (71%). Age, educational status, type of the family had significant relationship with knowledge of mothers of growth and development of their children.

### **Conclusion:**

The study findings shows that among 30 samples 70% had inadequate and 30% had adequate knowledge before educational intervention. After the educational intervention 76.6% of samples have adequate knowledge and 23.3% have inadequate knowledge. There is no significant association between pretest score and demographic variables such as age of mother, educational status, occupation, educational status of the husband, occupation of the husband, type of family, sources of health information, no. of children, age of toddler, sex of toddler, type of delivery and status of baby at birth.

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### **CONFLICT OF INTEREST:**

The authors declare no conflict of interest.

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