

# Creating awareness on knowledge of primary prevention about mental retardation among eligible couples in selected area at Coimbatore.

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## ABSTRACT

The aim of the present study was used to creating awareness on knowledge of primary prevention about mental retardation among eligible couples at Kovilpalayam.

Objectives of the study were;

- To assess the knowledge of primary prevention about mental retardation among eligible couples.
- To provide pamphlet regarding knowledge of primary prevention about mental retardation among eligible couples.
- To determine the association between the knowledge of primary prevention about mental retardation among eligible couples with their demographic variables.

The study was conducted by using descriptive design, among eligible couples in Kovilpalayam area at Coimbatore. Purposive sampling technique used for this study. The sample size was about 30.

The self administered questionnaire was used to assess the knowledge on primary prevention among eligible couples. Discussions on findings were arranged, based on the objectives of the study. The findings of the study revealed that most of the mothers have an inadequate knowledge.

Key words: primary prevention, mental retardation, eligible couple.

## Introduction

Intellectual disability is a condition found in about two out of every hundred persons. In many parts of the world, this condition is referred to as 'mental retardation' also. Children born with intellectual disability in any family - rich or poor, living in urban or rural area, irrespective of gender, caste, creed, race, religion or nation. Therefore, it is important for us to know about them, how to identify them, how to help them to lead independent lives and how to help their families to bring out the best of their potentials.

## Need for the study

The affected person statistics in the US, intellectual disability is estimated around 4.6 million. (2016 world report). The affected census in India Out of the total disabled in the age group 0-19 years, 20% are having disability in hearing followed by 18% with disability in seeing. 9% has multiple disabilities in that mental retardation 8% in a total population. (2016 national census in India).

## Statement of the Problem

Creating awareness on knowledge of primary prevention about mental retardation among eligible couples in selected area at Coimbatore.

## Objectives

- To assess the knowledge of primary prevention about mental retardation among eligible couples.
- To provide pamphlet regarding knowledge of primary prevention about mental retardation among eligible couples.
- To determine the association between the knowledge of primary prevention about mental retardation among eligible couples with their demographic variables.

## Hypotheses

H1- There will be a significant association between the knowledge of primary prevention about mental retardation among eligible couples with their demographic variables.

## Methods

It was a qualitative descriptive design study conducted in kovilpalayam area at Coimbatore. The samples were selected based on inclusive and exclusive criteria. Purposive sampling techniques were used. The sample size was about 30. The data collection was self structured questionnaires to assess the knowledge of primary prevention about mental retardation among eligible couples in selected area at Coimbatore. The instrument used to collect the data comprises of two sections. Part – I dealt with the demographic data, part II consists of multiple choice questionnaires.

## Data analysis and results

### Section I

Frequency and Percentage Distribution of level of knowledge among the eligible couples with their selected demographic variables.

Table: I

S.NO	Demographic variables	Level of knowledge					
		Inadequate		Moderate		Adequate	
		n	%	N	%	n	%
1	Age (in years)						
	a) 20-30	15	30	5	10	2	4
	b) 31-40	1	2	5	10	2	4
	c) Upto 44	0	0	0	0	0	0
2	Education						
	a) Illiterate	0	0	7	14	2	4
	b) Primary	15	30	3	6	0	0
	c) Secondary	1	2	0	0	2	4
3	Occupation						
	a) Agriculture	0	0	0	0	0	0
	b) Coolie	0	0	0	0	0	0
	c) Home maker	10	20	10	20	1	2
	d) Others	6	12	0	0	3	6
4	Income (monthly)						
	a) Below Rs. 1000	0	0	0	0	2	4
	b) Rs.1001 - 2000	8	16	10	20	2	4
	c) Above Rs.2000	8	16	0	0	0	0
5	Residential area						
	a) Village	16	32	10	20	2	4
	b) Urban	0	0	0	0	0	0

## SECTION II

Data on level of knowledge on primary prevention about mental retardation.

Table: 2

Frequency and Percentage Distribution of knowledge among the eligible couples.

N= 30

S.No	Level of knowledge	Frequency (f)	Percentage (%)
1.	Inadequate knowledge	16	54
2.	Moderate knowledge	10	34
3.	Adequate knowledge	4	12

Above table 2 revealed that majority of eligible couples had inadequate knowledge 16 (54%), moderate knowledge 10 (34%), adequate knowledge 4 (12%).

## Conclusion

The main conclusion drawn from this present study was that most of that majority of eligible couples had inadequate knowledge 16 (54%), moderate knowledge 10 (34%), inadequate knowledge 4 (12%). In future we have to conduct more topics its related to child psychiatry .

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