



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

¹PRIYA SHARMA,² S. VICTOR DEVASIRVADAM

¹Ph.D. Scholar, Desh Bhagat University,²Director, Department of Nursing, Desh Bhagat University

¹Desh Bhagat University

¹Desh Bhagat university, Mandi Gobindgarh, Punjab, India

Abstract : A study to assess the knowledge on practice regarding infant rearing among the mothers with a viewpoint to develop and evaluate the effectiveness of structured teaching program in a selected area of Dadra & Nagar Haveli. The objectives of the study were to assess the pre-intervention score knowledge on practice among mothers regarding infant rearing; to design and validate a structured teaching program for improving the knowledge on practice of mothers on infant rearing; to assess the post-intervention score on knowledge and knowledge on practice of mothers regarding infant rearing among mothers; to evaluate the effectiveness of a structured teaching program in terms of knowledge on knowledge on practice on infant rearing among mothers; to find out the association between the Pre test level of the knowledge regarding infant rearing and selected socio demographic variables among mothers; to find out the association between the Pre test level of knowledge on practice and selected socio-demographic variables; to find out the relationship between knowledge and knowledge on practice among mothers regarding infant rearing. The conceptual framework was based on Von Bertalanffy's Systems model (1968). Study adopted a qualitative 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 and structured practice checklist on infant rearing

The major findings of the study were as follows: Among 149, majority i.e. 98 (66%) had average practice score in pre test and 51 (34%) had below average score. Out of 149, majority i.e. 87 (58%) had good practice score in post test and 61 (41%) had excellent score, 1(1%) had average score. The data showed that there was a significant association between knowledge on practice and age of mother ($\chi^2=7.91, P=.004$). There was not significant correlation between knowledge and practice scores in both the tests.

IndexTerms : Knowledge on practice, Structured Teaching Program , Infant rearing, Mothers.

I. INTRODUCTION

1.1. BACKGROUND OF THE STUDY

Child rearing practice was described by Bouchard, (1994), and Jenni O'Conner (2005) as "transmission of the tradition, beliefs, culture and cognitive actions from parents to the offspring". The subject of child-rearing practice encompasses feeding practice as well as traditional practice followed during various stages of the child's growth and development. The present level of IMR (32 infant deaths per thousand live births, for the year 2017) is about one-fourth as compared to 1971 (129 infant deaths per thousand live births). In the last ten years, IMR has witnessed a decline of about 35% in rural areas and about 32% in urban areas. The corresponding decline in rural areas is 55 to 36 and for urban areas, it is from 34 to 23. Despite the decline in IMR over the last decades, one in every 31 infants die within the first day of their life at the National level (irrespective of rural-urban), one in every 28 infants in rural areas and one in every 43 infants in urban areas still die within one year of life.² Child rearing practice was described by Bouchard, (1994), and Jenni O'Conner (2005) as "transmission of the tradition, beliefs, culture and cognitive actions from parents to the offspring". The subject of child-rearing practice encompasses feeding practice as well as traditional practice followed during various stages of the child's growth and development. The present level of IMR (32 infant deaths per thousand live births, for the year 2017) is about one-fourth as compared to 1971 (129 infant deaths per thousand live births). In the last ten years, IMR has witnessed a decline of about 35% in rural areas and about 32% in urban areas. The corresponding decline in rural areas is 55 to 36 and for urban areas, it is from 34 to 23. Despite the decline in IMR over the last decades, one in every 31 infants die within the first day of their life at the National level (irrespective of rural-urban), one in every 28 infants in rural areas and one in every 43 infants in urban areas still die within one year of life.²

K., S., Patel, A., J., A., & G. A., M. (2017). conducted a cross sectional descriptive study on Infant feeding practice among nursing mothers at rural tertiary care hospital. The study was carried out to assess the pattern of infant feeding and its relation to certain care practice of maternity and the newborn, and to assess the knowledge of mothers, who had delivered in the last one year. The study was conducted among 202 mothers in the pediatric and obstetrics department of tertiary care hospital. The mothers with children under the age of 1 year were interviewed following which descriptive statistics were obtained. The results showed Out of 202 mothers, majority of the mothers were of age less than 30 years (79.7%) and were Hindus (74.2%). The majority were housewives (98.5%), illiterate (71.7%), multiparous (67.8%). Most of the mothers were belonged to a lower socioeconomic class (95.5%). About 17.8% babies had not received colostrum. Majority of the mothers had initiated breastfeeding (79.2%) within 24 hours of delivery. About 46.5% of the respondents were not aware of the benefits of exclusive breastfeeding. About 25% of the mothers started complementary feeding before the child was six months old. The most common type of complementary food given was semisolid (53.4%). About 14.1% of the mothers had started giving semi-solid foods before the baby was six months of age. A majority of the mothers had no advice on infant feeding. The study stated that knowledge regarding the timely initiation of breast feeding, advantages of exclusive breast feeding and proper weaning practice is less among the mothers of rural area. So, advice about breastfeeding and complementary feeding during antenatal check-ups, postnatal, and during Immunization visits might improve feeding practice. ¹¹

1.2. STATEMENT OF THE PROBLEM

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

1.3. OBJECTIVES OF THE STUDY

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

1.4. HYPOTHESES

H₁: There is a significant difference in the level of knowledge on practice 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.

H₂: There is a significant association between the Pretest level of knowledge on practice 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 on practice 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 practice checklist on infant rearing.

Tools were translated to Hindi .Reliability was assessed through a test-retest method on twenty mothers of an infant at Kilvani village. The reliability score (r) of tool 3 was 0.96. There was consistency in responses to items in tools 1, and 2. Pilot study with ten samples revealed that study was feasible. Both descriptive and inferential statistics were used to analyze the Pre-test on the knowledge on practice of mothers was taken using a 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 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

The data shows that majority of the mothers no information regarding infant rearing (85.24); had no formal education(72.48). A total of 51.67% were in the age group of below 25 and 42.95% had the monthly income below 4000; 54.3% mothers were staying in the nuclear families.

Section 2: Pre test and post test knowledge on practice regarding infant rearing

Out of 149, majority i.e., 98 (66%) had average knowledge on practice score in pre test and 51 (34%) had below average score, none of the mothers belonged to poor or good or the excellent category.

whereas in post test 149, majority i.e., 87 (58%) had good practice score in post test and 61 (41%) had excellent score, 1(1%) had average score and none of the mothers belonged to below average or poor category.

Section 3: Effectiveness of Structured Teaching Programme on knowledge on practice of the mothers regarding infant rearing.

Table 1: Area wise Mean, Mean Differences, Standard deviation and Paired 't' test value of pre test and post test based on knowledge on practice score

Area	Item	Mean		Mean Difference	S.D. of difference	Paired 't' test	Df	P- Value
		Pre test	Post test					
Breast feeding	16	5.06	10.23	5.16	2.81	22.37	148	< 0.001
Anthropometric Measurements	04	1.81	3.77	1.95	0.74	32.18		< 0.001
Hygiene measures	19	6.85	14.08	7.23	2.48	35.6		< 0.001
Immunization	4	2.31	2.87	0.56	0.51	12.25		< 0.001
Danger Signs of illness	5	1.52	1.62	0.10	1.40	0.87		0.80
Overall	48	17.67	32.50	14.82	4.10	44.03		<0.001

There was a significant difference in the practice score of infant mothers on infant rearing, before and after administration of structured teaching program as measured by structured practice checklist at 0.05 level of significance and the methodology developed to improve the knowledge on practice on infant rearing among mothers is significant.

Section 4: Association between pre test knowledge on practice and selected socio demographic variables

Table 2: Association between pre test knowledge on practice and selected socio demographic variables

Variables	Poor	Below average	Average	Good	Excellent	Chi square	Df	P value
Age(years)								
Below 25		35	42			7.91	1	0.004
25-30		16	56					
Educational status								
No formal education		34	74			6.26	3	0.66
Middle school(5 th -7 th)		06	09					
High school (8 th -10 th)		02	09					
Graduate		09	06					
Family income(Rs.)								
□4000		20	44			1.12	3	0.7709
4001-8000		12	20					
8001-12000		09	20					
12001-16000		10	14					
16001-20000								
Above 20000								
Type of family								
Joint		18	50			2.74	1	0.09
Nuclear		33	48					
Previous exposure								
No		47	80			2.95	1	0.08
Yes		04	18					

The data showed that there was a significant association between practice and age of the mother ($\chi^2=7.91$, $p=.004$). But there was no significant association between practice and selected variables like, educational status, monthly family income, type of family and 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

The findings of the present study have its implications in the areas of nursing education, nursing practice, nursing administration and nursing research.

Nursing practice

Community Health Nurses, during their home visits need to understand the need of mothers and plan for appropriate interventions. Creating awareness and providing health education are effective interventions that can be done in the community to manage these types of issues. The results derived from the present study reveals that structured teaching program helps in improving knowledge on practice of mothers regarding infant rearing. Community Health Nurses need to identify and promote group sessions for mothers. 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

The content of nursing curriculum can play an important role in producing quality professional nurses in promoting evidence based practice. The nursing curriculum need to include treatment strategies that focus more on health promotion, primary and tertiary levels of prevention. The framework of community health nursing need to include the intervention strategies so that the nurses are competent enough to work with people and community to in delivering public health interventions based on primary health care, and effectively responds to the needs and demands of the people.

Nursing administration

Community Health Nurses as administrators need to work in collaboration with the community organizations, agencies and groups towards the greater good of population as a whole. Educational programs for management and prevention of diseases in the community need to be incorporated into the activities of the health care.

Nursing research

Nurse researchers should be encouraged to carry out studies related to the infant rearing among mothers. Nurse researchers can also conduct further research to find the effective methods to teach the mothers as per the needs.

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S. VICTOR DEVASIRVADAM

Director, Department of Nursing, Desh Bhagat University
Desh Bhagat university, Mandi Gobindgarh, Punjab, India

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