



# “A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME (STP) ON KNOWLEDGE AND PRACTICE OF ORAL HYGIENE AMONG MOTHERS OF PRESCHOOL CHILDREN IN SELECTED AREAS OF JALANDHAR, PUNJAB, 2021-2022”

<sup>1</sup> PROF (Mrs) M. Maheswary, <sup>2</sup> Ms. Eliza, <sup>3</sup> Bsc.( Interns)

<sup>1</sup> Principal, <sup>2</sup> Clinical Instructor, <sup>3</sup> Bsc.( Interns)

<sup>1</sup> Child Health Nursing,

<sup>1</sup> Army College of Nursing, Jalandhar Cantt India

## Abstract :

“A study to assess the effectiveness of structured teaching programme (STP) on knowledge and practice of oral hygiene among mothers of preschool children in selected areas of Jalandhar, Punjab, 2021-2022.” The objectives of the study were to assess the pre-test knowledge and practice score on oral hygiene among mothers of preschool children; To assess the post –test knowledge and practice score on oral hygiene among mothers of preschool children; To determine the effectiveness of structured teaching programme on oral hygiene among mothers of preschool children by comparing pre and post-test scores; To assess the effectiveness of structured teaching programme on oral hygiene among mothers of preschool children by comparing pre and post-test scores; find association between pre-test knowledge and selected socio demographic variables among mothers of preschool children ; find association between practice and selected socio demographic variables among mothers of preschool children. A Pre-experimental research design was adopted to conduct the research. Samples are collected through non probability purposive sampling technique. A self-structured questionnaire was administered to evaluate the knowledge and practice of oral hygiene among mothers of preschool children in selected areas of Jalandhar. The final data collection was scheduled from 04 June 2022 to 15 June 2022 at K.K. Vihar, Jalandhar Cantt. Before the data collection the investigator obtained the formal permission from the Principal, Army College of nursing. Frequency and percentage distribution of the women according to their demographic characteristics shows that age wise distribution of mothers reveals that out of 40 mothers, Distribution of mothers according to age shows 27.5% for 18 to 25 years aged mothers 55% for 26 to 33 years aged mothers ,17.5% for 34 to 41 years aged mothers and 00% for 42 to 49 years aged mothers; Distribution of educational qualification of mothers show 15% Postgraduate 52.5% Graduate, 27.5% Intermediate or post high school diploma High school certificate, 05% Intermediate or post high school diploma High school certificate, 00% Middle school certificate, 00% Primary school certificate, 00% Below Primary (School dropouts) and 00% Illiterate; Distribution of occupation of mothers shows 5% working and 95% non-working; Distribution of religion of mothers shows 45%, 50%, 05%, 00% for Hindu, Sikh, Muslim, Other respectively; Distribution of mothers according to number of children they have shown 32.5%, 55%, 12.5%, 00% for One, Two, Three, More than three children respectively; Distribution of type of family of preschool children came to be 55%, 45%, 00% for Nuclear, Joint, Extended respectively; Distribution of monthly family income (in rupees) shows 17.5%, 47.5%, 32.5%, 2.5% for 20000-30000, 30000-40000, 40000-50000, More than 50000 rupees respectively; Distribution of Previous knowledge about the oral hygiene shows 45% mothers who had knowledge and 55%

mothers who did not have knowledge. Thus, findings indicate that the STP was a suitable and effective method of instruction for enhancing and improving the knowledge and practice among mothers .

## I. INTRODUCTION

### 1.1. BACKGROUND OF THE STUDY

Oral hygiene is a state of being free from mouth and facial pain, oral and throat cancer, oral infections and sores, periodontal disease, tooth decay, tooth loss, toothache, teeth sensitivity and other diseases and disorders that limit an individual's capacity of biting, chewing, speaking, smiling and psycho-social well-being. Oral hygiene is essential for general health and quality of life. [2] Oral hygiene is the practice of keeping the mouth and teeth clean to prevent dental problems, most commonly, dental cavities, plaque formation, gingivitis, tooth loss, teeth sensitivity and bad breath.<sup>[3]</sup> Oral caries is most prevalent oral disease in several Asian and Latin American countries dental caries varies often appears as a white chalky area on the enamel, it later softens and affect tooth structure which leads to break down. Oral health is essential component of health throughout life. Millions of individuals suffer from dental caries and periodontal disease, resulting in unnecessary pain, difficulty in chewing, swallowing and speaking, and increased medical expenditure. According to HRSA (Health Resources and Services Administration), to increase early detection and prevention, and improve overall health, HRSA developed the Integrating Oral Health and Primary Care Practice (IOHPCP) initiative. This initiative seeks to improve the knowledge and skills of primary care clinicians and promote inter professional collaboration across health professions. Additionally, in response to recommendations from the National Academy of Medicine (NAM), HRSA identified five key oral health domains and associated core clinical competencies are Risk Assessment, Oral Health Evaluation, Preventive Intervention, Communication and Education and Inter professional Collaborative Practice. **World Health Organization (WHO)** estimated that -Oral diseases affects 3.5 billion people worldwide and untreated dental caries/tooth decay of permanent teeth was one of the most prevalent diseases globally in 2017. And approximately 30% of the population was estimated to be suffering from decay of their permanent teeth. However, the study focuses on knowledge and practice of oral hygiene among mothers of preschool children in selected areas of Jalandhar, Punjab.

### 1.2 Statement of the Problem

A study to assess the effectiveness of structured teaching programme (STP) on knowledge and practice of oral hygiene among mothers of preschool children in selected areas of Jalandhar, Punjab, 2021-2022.

### 1.3 Objectives of the Study

1. To assess the pre-test knowledge and practice score on oral hygiene among mothers of preschool children.
2. To assess the post –test knowledge and practice score on oral hygiene among mothers of preschool children.
3. To assess the effectiveness of structured teaching programme on oral hygiene among mothers of preschool children by comparing pre and post-test scores.
4. To find association between pre-test knowledge and selected socio demographic variables among mothers of preschool children.
5. To find association between practice and selected socio demographic variables among mothers of preschool children.

## 1.4 Hypotheses

- **H1-** There is a significant difference in the level of knowledge of mothers on oral hygiene before and after administration of a structured teaching programme among mothers of preschool children.
- **H2-** There is a significant difference in the level of practice of mothers on oral hygiene before and after administration of a structured teaching programme among mothers of preschool children.
- **H3-** There is a significant association between the pre-test level of knowledge among mothers on oral hygiene and selected socio -demographic variables.
- **H4-** There is a significant association between the pre-test level of practice among mothers on oral hygiene and selected socio -demographic variables.

## 1.5 Delimitations

The study is delimited to the mothers who are residing in KK Vihar, Jalandhar Cantt, Punjab.

## 1.6: REVIEW OF LITERATURE:

The literature reviewed is organized under the following headings:

1. Review of literature related to prevalence of oral problems
2. Literature review related to early childhood caries.
3. Review of literature related to oral hygiene practices and oral health knowledge among **mothers**

## **1.7. Research approach**

Quantitative approach

## **1.8 Research design**

A Pre experimental (One group Pre-test and Post-test) design

## **1.9 Research setting**

KK Vihar area in Jalandhar Cantt

## **2.0 Sample**

40 Mothers of Pre- School Children

### **2.1 Sampling criteria**

- Mother of children aged 3-5 years
- Women who are resident of K.K VIHAR, Jalandhar Cantt.
- Who were present during the time of data collection
- Able to read and understand Hindi

## 2.2 Ethical considerations

- Ethical approval obtained from Principal, ACN
- The written permission was obtained from the Commanding Officer of Units of families of KK Vihar, Jalandhar.
- Informed consent obtained from participants of the study.

## 2.3. Description of data collection instruments

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

**Part-A:** Baseline characteristics

**Part-B:** Structured questionnaire to assess the knowledge on oral hygiene.

**Part-C:** Checklist to assess the utilization of oral hygiene among mothers of Pre-school Children.

## 2.4 RESULTS AND DISCUSSION

Distribution of mothers according to age shows 27.5% for 18 to 25 years aged mothers 55% for 26 to 33 years aged mothers, 17.5% for 34 to 41 years aged mothers and 00% for 42 to 49 years aged mothers. Distribution of educational qualification of mothers show 15% Postgraduate 52.5% Graduate, 27.5% Intermediate or post high school diploma High school certificate, 05% Intermediate or post high school diploma High school certificate, 00% Middle school certificate, 00% Primary school certificate, 00% Below Primary (School dropouts) and 00% Illiterate. Distribution of occupation of mothers shows 5% working and 95% non-working. Distribution of religion of mothers shows 45%, 50%, 05%, 00% for Hindu, Sikh, Muslim, Other respectively. Distribution of mothers according to number of children they have shows 32.5%, 55%, 12.5%, 00% for One, Two, Three, More than three children respectively. Distribution of type of family of preschool children came to be 55%, 45%, 00% for Nuclear, Joint, Extended respectively. Distribution of monthly family income (in rupees) shows 17.5%, 47.5%, 32.5%, 2.5% for 20000-30000, 30000-40000, 40000-50000, More than 50000 rupees respectively. Distribution of Previous knowledge about the oral hygiene shows 45% mothers who had knowledge and 55% mothers who did not have. The mean score of general information about oral hygiene is 0.54 in pre-test and 0.72 in post-test, mean score of knowledge regarding growth and development is 0.35 in pre-test and 0.60 in post-test, mean score of brushing technique is 0.34 in pre-test and 0.52 in post-test respectively. In this study the mean score of pre-test practice score is 0.368 and for post-test is 0.75. . In order to certain the reliability and validity of the tool, split half method was used for calculation of reliability of questionnaire and Karl Pearson's method was used for calculation of reliability of checklist, which shows  $r=0.996$  for questionnaire and  $r=0.995$  for practice checklist, which indicated a positive correlation. Thus, findings indicate that the STP was a suitable and effective method of instruction for updating and enhancing the Knowledge and practice among the mothers of Pre-School Children.

## 2.5 CONCLUSION

It can be concluded that structured teaching programme can be used as a strategy for improving the knowledge and practice of Pre-School Mothers.

## 2.6 IMPLICATIONS

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

## 2.7 Acknowledgment

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