



A QUASI EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE OF MOTHERS REGARDING PREVENTION OF HOME ACCIDENTS AMONG UNDER 5 YEAR CHILDREN IN SELECTED RURAL AREA OF VILLAGE SUDHAR, LUDHIANA, PUNJAB

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ABSTRACT

Introduction: Accidents are the major cause of mortality and morbidity in children. An accidents can be defined as an unexpected injury, death or property damage. Accidents represents a major epidemic of non communicable disease throughout the world with industrialization advance in technology better health care and preventive measure like immunization. Accidental injuries to infants and young children are often serious, but are largely preventable with appropriate information and safe practices.

Aim: To assess the effectiveness of structured teaching programme on knowledge of mothers regarding prevention of home accidents among 5 year children in selected rural area of village Sudhar, Ludhiana, Punjab.

Material and Method: A quasi –experimental approach with two groups pre- test and post- test research design and purposive sampling was used. A self- structured questionnaire was used which has two parts demographic data and questionnaire to assess the knowledge of mothers. Structured teaching was conducted on experimental group. Data analysis was done by using descriptive and inferential statistics.

Result: Thepre-test knowledge score was almost same i.e below average in both the groups.In control group maximum mothers obtained below average knowledge score whereas in experimental group majority of mothers obtained good post-test knowledge score. The difference between pre-test and post-test knowledge score of control group was non-significant at $p < 0.05$ level whereas in experimental group it was statistically highly significant at $p < 0.001$ level.

Conclusion: the study concluded that structured teaching programme was significantly effective in raising the knowledge of mothers regarding prevention of home accidents.

INTRODUCTION

Accidents are one of the five leading cause of death in developing countries. Children being less aware of danger, are one of the most vulnerable groups. Younger children are more vulnerable indoors, while older ones are more at the risk outdoors. There appear to be gender typesof accidents, male tends to have more accidents outdoors while female tend to have accidents indoors. Younger children are particularly vulnerable to accidents due to their innate desire to explore their world and inability to perceive the dangers of their actions. As children learn

through experience, minor injuries are inevitable but providing safe environment can reduce the risks of accidents, coupled with close supervision and setting the limits of safety¹

As per ICD 10 classification, 'falls' formed a major mode of injury. Fall at a level and fall from height led to about 44% of home accidents. About one third of accidents 34.6% occurred due to exposure to inanimate mechanical forces. Contact with heat and hot substance led to 13% accidents cases. Only one case of accidental threat to breathing occurred (choking).²

The child's environment has also an important part to play in injury causation. Social stress factors like single parent unemployment of parent, poor education status and size of family, contribute to injury causation. Poor housekeeping and lack of awareness of safety precautions are important. Burns or scalds in children are due to wet heat most often following a spill of hot milk, water or oil being handled by the mother³Walkers are the common cause of fall injury in infants. Ingestion of toxic substances is a common problem in the pediatric age group. Bites and stings are common in infants and children. Animal stings may lead to minor symptoms like pain and swelling to a life threatening shock requiring immediate and urgent attention. Moreover children are fond of putting various objects into their orifices due to curiosity or innocence during the oral phase of psychosocial development, foreign bodies inserted into nose, ears, anus, vagina are usually easy to manage but foreign body into mouth can be difficult and life threatening because they may track down into the respiratory tract.⁴

Educational programmes for the prevention of home accidents have been approached on different levels. At the national level, the ministries of health can train professional and paramedicals to educate people in the prevention of home accidents. Ministries of education can incorporate safety and accidents prevention into the curriculum for primary- school children and can train teachers in communicating it best to children. The ministries of communication and information and other related bodies can use the mass media to increase the awareness of parents in the prevention of home accidents and can supply educational and informational material. At the community level, education of parents and children has to be launched by the trained professionals. Parent group or children group might be organized to exchange experiences and find appropriate local solution for prevention of home accidents.⁵

OBJECTIVES

- To assess the pretest and posttest knowledge of mothers regarding prevention of home accidents among under 5 years children in both experimental and control group.
- To compare pretest and posttest knowledge score of mothers regarding prevention of home accidents among under 5 years children in both control and experimental group.
- To find out the relationship of pretest and posttest knowledge of mothers regarding prevention of home accidents among under 5 years children with selected variables such as age, number of children, education, occupation, source of information, income and type of family.

HYPOTHESIS

H1: The posttest knowledge score of mothers in experimental group is significantly higher than the posttest knowledge score of control group regarding prevention of accidents under 5 years children as measured by structure questionnaire at $p < 0.05$ level.

H₀: There is no statistically difference in post test knowledge score of mothers regarding prevention of accidents under 5 years children in experimental and control group.

MATERIALS AND METHODS

A quantitative research approach and quasi- experimental two group pre and post test research design was used to assess the effectiveness of structured teaching programme on knowledge of mothers regarding prevention of home accidents under 5 years children. The study was conducted in village Sudharin district Ludhiana, Punjab. A self structured questionnaire was developed on prevention of home accidents. The total sample size was 60. The purposive sampling was used. The mothers those were willing to participate were taken as sample. 30 mothers were taken as experimental group from patti Gill and 30 mothers were taken as control group from patti Dhaliwal. Prior to data collection formal written permission was taken from the mothers. Pretest was conducted by using self structured questionnaire in both experimental and control group followed by structured teaching programme for experimental group. After 7 days post test was done. The data obtained was analysed in terms of descriptive in terms of descriptive analysis i.e percentage, mean percentage, standard deviation as well as inferential statistics i.e chi-square, paired and unpaired 't' test were used.

RESULTS

Section 1: Finding Related To Percentage Distribution of Pre Test and Post Test Knowledge Score of Experimental Group

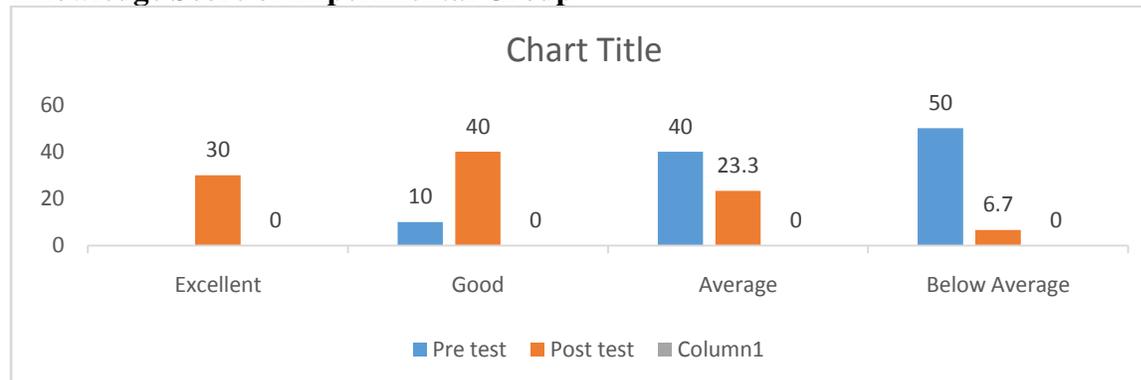


Figure 1: Bar Diagram Represents the Percentage Distribution of Pre Test and Post Test Knowledge Score in Experimental Group

Fig.1: level of pretest and posttest knowledge score of mothers regarding prevention of home accidents under 5 year children in experimental group depicts that in pre-test, majority of mothers (50%) had below average knowledge score whereas after post test 40% mothers had good knowledge score followed by 30% had excellent knowledge regarding prevention of accidents in under 5 years children. Table1: shows the comparison of pre test and post test mean knowledge score of mothers regarding prevention of home accidents under 5 year children in control and experimental.

In control group difference between pre test and post test was statistically non-significant. Whereas in experimental group the difference between pre-test and post-test mean knowledge score was statistically highly significant at $p < 0.001$. Hence, H₁ hypothesis was accepted and it

was concluded that structured teaching had impact on knowledge of mothers regarding prevention of home accidents under 5 years in experimental group.

Comparison of Mean Pre-Test and Post-Test Knowledge Score of Mothers Regarding Prevention of Home Accidents Under 5 Years of Control and Experimental Group
N=60

Knowledge Score							
Group	Pre-test			Post –test		df	t
	n	mean	SD	mean	SD		
Control	30	16.3	5.43	16.5	5.53	29	0.769 ^{NS}
Experimental	30	16.9	5.32	27.56	5.36	29	15.019***

***at $p < 0.001$ NS= Non-Significant

Table 2. Association between post-test knowledge score of mothers regarding Prevention Of Home Accidents Under 5 Years in Experimental Group

S.No	Variables	chi-square test	level of significant
1	Age of mothers	2.97 ^{NS}	Non-Significant
2	Number of children	8.34*	Significant
3	Education of mothers	10.2***	Highly-Significantly
4	Occupation of mothers	3.46 ^{NS}	Non-Significant
5	Source of information	0.39 ^{NS}	Non-Significant

DISCUSSION

The purpose of the study was to assess the effectiveness of the structured teaching programme on knowledge of mothers regarding prevention of home accidents under 5 years in view to strengthened knowledge of mothers under 5 years. The first objective of the study was to assess pre-test and post-test knowledge score in control and experimental group. The mean pre-test and post-test knowledge score was 16.3 and 16.5 in control group while pre-test and post-test in experimental group was 16.9 and 27.56 respectively. When comparing the pre-test and post-test of knowledge score of control and experimental group was statistically highly significant at $p < 0.001$. Hence it was concluded that structured teaching was effective in raising the knowledge of mothers regarding prevention of home accidents in children under 5 years. Level of pre-test and post-test knowledge score of mothers in experimental group depicts that in pre-test majority of mothers (50%) had average knowledge whereas after post-test 40% mothers had good knowledge score followed by 30% were excellent knowledge regarding prevention of home accidents under 5 years children. There was no significant association between knowledge score

of mothers in post-test when compared to relationship with age of mothers, occupation of mothers and source of information, while no of children and education of mothers had impact on knowledge of mothers regarding prevention of home accidents among 5 years children.

Recommendation

- Similar study can be conducted in different setting like in hospital and different target population like staff nurses, Aganwadi workers.
- Comparative study can be conducted to assess the knowledge of mothers in urban and rural community.
- Exploratory study can be done to assess the knowledge of mothers regarding prevention of home accidents under 5 years children.

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