



A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING MILESTONE DEVELOPMENT AMONG MOTHERS OF INFANTS IN SELECTED VILLAGES AT BALARAMAPURAM

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ABSTRACT

Developmental milestones are a set of functional skills or age specific tasks that most children can do at certain age range. Child development refers to how a child becomes able to do more complex things as they get older. A pre experimental study was conducted to assess the level of knowledge regarding milestone development. One group pre and post test design was conducted. The sample size of the study was 30 mothers, selected through convenient sampling technique. Structured questionnaire were administered. Findings revealed that out of 30 samples, only 4 mothers have adequate knowledge (10%), 26 mothers have average knowledge (90%) and no one have poor knowledge in pre test. Where in post test, 28 mothers have adequate knowledge (93.3%) and 2 mothers have average knowledge (6.6) and nobody have poor knowledge. There is a significant association exist between level of knowledge and demographic variables such as education and residence.

KEYWORDS :

INTRODUCTION

Children are one of the most valuable groups of society. Economic, social and environmental changes in society have maximum impact on children. Their development and wellbeing is influenced by a variety of factors including economic condition of family and educational status of parents, especially the mother. The term infant is typically applied to young children between the ages of one month and 12 month. A newborn is an infant who is only hours, days, or up to a few weeks old. Newborn or neonate refers to an infant in the first 28 days after birth.

Infants grow more physically in their first year than any other time in their life. Biologic growth during infancy include changes in weight, length head and chest circumference, vital signs, reflexes and physiological function. Motor development depends on the maturation of the muscular, skeletal, and nervous system. Motor development allows infants to explore their environment promoting cognitive, social, and perceptual development.

Development refers to a gradual growth and change from a lower to a more advanced state of complexity. It is the increasing capacity of children to use their bodies. Growth and development are inter related. They go hand-in-hand, growth having to do with the physical structure of the body and development with its function. The extent of development is the ultimate degree of achievement and depends on genetic inheritance, adequate nutrition, normal hormone activity and favorable emotional environment. It involves expansion of child capacities to growth, maturation and progressive in functional ability.³

Need And Significance For Study

Development is a continuous process from birth. It may be stressed that, besides 10% prevalent of developmental delay. The yearly identification of such problem difficult. Although severe disorders can be recognized in infancy. If one can diagnose developmental delay in yearly stage of growth. The intervention can reduce long term sequel. (Indian academy of pediatrics). The world health organization has estimated approximately 5% of the world's children under 14 years of age have some moderate to severe disability. In India 1.5% - 2.5% of infants show developmental delay.

Developmental disabilities account for 15% of the population of the children (A conservative estimate). In modern day practice of medicine with improved obstetrical and neonatal care, substantial number of infants are premature or suffer from severe perinatal adversities and unsurvive. At least 1/3 of this population will suffer from developmental disabilities.

The incidence of developmental delay in children / 1000 births are, mental retardation- 25-30%, cerebral palsy -2-3%, attention deficit hyper activity disorder -75%.

The investigators seen most of the infants be delayed in the development and most of the mothers are unaware about the milestone development. The mothers should essentially have the knowledge of milestone development to protect the child from disability Therefore the investigators plan to conduct a study on assessment of knowledge regarding milestone development among mothers of infants in selected villages at Balaramapuram as the problem is more prevalent.

Objectives

- To assess the level of knowledge regarding milestone development among the mothers of infants at selected villages in Balaramapuram.
- To assess the effectiveness of structured teaching program on milestone development among the mothers of infants at selected villages in Balaramapuram.
- To find out the association between the pre test score of knowledge regarding milestone development among mothers of infants with their selected demographic variables.

HYPOTHESES

H1: There is a significant level of knowledge regarding milestone development among mothers of infants before and after structured teaching program.

H2: There is a significant association between the pre test score of knowledge regarding milestone development among mothers of infants with their selected demographic variables.

MATERIALS AND METHODS

The research approach selected for the study is quantitative research approach and the design selected for the study was pre experimental descriptive research design. This study was conducted at selected village Balaramapuram. The sample size selected for the present study was 30 mothers of infants who were residing in Balaramapuram village, Trivandrum district. Convenient sampling technique is used for the study. A structured questionnaire with two sections where section A including demographic variables and section B a questionnaire to assess the knowledge of mother of infants regarding milestone development. The investigator will introduce herself to the participants and objectives of the study will be explained to them. The data obtained were analyzed by using descriptive and inferential statistics.

RESULTS

Section A

- Most of the sample belongs to the age group of 21-25 years (53.33%), about 33.33% belongs to 26-30 years and 10% belongs to 31-36 years, rest of the 3.33% belongs to 36-40 years.
- Majority of the sample having one child (66.66%) and 26.66% having two children and rest of them (6.66%) having three children.
- About 90% of the sample from rural and rest of the 10% from the urban area.
- Out of 30, one sample (3.33%) is illiterate and rest of the (96.66%) sample is literate
- Unemployed and 23.33% are having private job and rest of the (6.66%) Majority of the sample (70%) are samples having government job.

Section B

Table 1 Level Of Knowledge Regarding Milestone Development Before And After Implementation Of Structured Teaching Programme Shown In Table 1.

Level of knowledge	Pre test score		Post test score	
	Frequency	percentage	Frequency	percentage
Poor	0	100%	0	100%
Average	26	90%	2	6.6%
Adequate	4	10%	28	93.3%

From the data collected (from 30 sample), it was known that 26 out of 30 sample (90%) had average knowledge on pre test and there is only 2 out of 30 (6.6%) had average knowledge in post test. Rest of the 4 sample (10%) having adequate knowledge in pre test and in post test it was 93.3%.

The present study data reveals that in pre-test 4 out of 30 has adequate knowledge and on post test it was 28 out of 30 (93.3%). This study shows that structured teaching programme was effective.

Section C

Association Between Post Test Score Of Knowledge Regarding Milestone Development And Selected Demographic Variables.

Chi-square test was employed to find the association between levels of knowledge regarding milestone development with their selected demographic variables. There is significant association found in residence and education and there is no significant association between the demographic variables such as age of the mothers, number of children, and occupation of the samples.

DISCUSSION

An pre experimental study with one group pre and post test design without control group and experimental approach was undertaken in selected villages Balaramapuram. The data were collected using closed ended questionnaire from 30 samples by convenient sampling technique on milestone development

Description Of Sample According To Their Demographic Variables

Higher percentage (53.3%) of mothers where in the age group of 21 to 25 years and where lowest percentage (3.33%) was in the age group of 36 to 40 years . this was supported by the findings of study conducted by field practice area of the department of community medicine in medical college in aligarh.

According to number of children majority of mother have one child (66.66%), two children (26.66) and three children (6.66).according to residence 90% were village 10% were urban. According to education 96.66% of the mothers are literate and 3.33% of mothers are illiterate. According to occupation 97% of mothers are unemployed and 6.66% of mothers having government job.

have adequate knowledge (10%), 26 mothers have average knowledge (90%) and no one have poor knowledge. Where in post test, 28 mothers have adequate knowledge (93.3%) and 2 mothers have average knowledge (6.6%) and nobody have poor knowledge

Assessment Of Effectiveness Of Structured Teaching Program

From the data collected there were total 30 samples and the knowledge level was assessed by using closed ended questionnaire with maximum questions of 20. The interpretation shows that scores between 0-8 (poor), 9-16 (average), 17-25 (adequate). Out of this 30 samples majority of the mothers have average knowledge (90%) regarding milestone development and remaining mothers have poor knowledge and only 10% have adequate knowledge regarding milestone development. After giving structured teaching programme on milestone development the score interpretation showed that majority of the mothers 28 has adequate knowledge (93.3%) and remaining mothers 2 have average knowledge (6.6%) and nobody has poor knowledge regarding the milestone development.

Assessment Of Association Between The Post Test Scores Of Knowledge Regarding Milestone Development Among Mothers Of Infants At Selected Demographic Variables

The present study shows that the there is a significant association found between the level of knowledge regarding milestone development among the mothers of infants with their demographic variables. Chi square value is greater than p value and association between the level of knowledge and selected demographic variables belongs to 36-40 sample having one child (66.66%) and 26.66% having two Children years.

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Out of 30 samples taken, during the pre test, only 4 mothers