



EFFECTIVENESS OF EDUCATIONAL PACKAGE ON KNOWLEDGE REGARDING SELECTED ASPECTS OF BEHAVIOURAL PROBLEMS AMONG MOTHERS OF UNDER-FIVE CHILDREN IN A SELECTED RURAL COMMUNITY OF MANGALORE.

Mrs. Janet Sequeira*

Associate Professor, Father Muller Nursing College Thumbay, Bantwal Dakshina
Kannada Karnataka – 574143 *Corresponding Author

ABSTRACT **Background of the Study:** A child's behaviour may be a problem if it does not match the expectation of the family or if it is disruptive. Normal or good behaviour is usually determined by whether it is socially, culturally and developmentally appropriate. Knowing what to expect from children at each age will help to decide whether his or her behaviour is normal. Behavioural problems are common in childhood, almost 10 – 20% children are affected by serious behavioural problems, which require some form of outside advice or treatment. **Aim:** To find the effectiveness of educational package on knowledge regarding selected aspects of behavioural problems among mothers of under-five children. **Method:** An evaluative approach with pre-experimental (one group pre-test post-test) design was used for the study. The sample consisted of 18 mothers of under-five children selected by convenient sampling method. **Results:** The mean post-test knowledge score (14.11%) was higher than the mean pre-test knowledge score (10.5%). The computed 't' value ($t_{17}=6.981$, $p<0.05$) showed a significant difference suggesting that the educational package was effective in increasing the knowledge of mothers on selected aspects of behavioural problems. **Conclusion:** The overall findings of the study revealed that there was a significant increase in the knowledge of mothers regarding selected aspects of behavioural problems after the administration of educational package.

KEYWORDS : Effectiveness, Educational package, Behavioural problems, Mothers, Knowledge

INTRODUCTION

Infancy and childhood are of paramount importance in determining and patterning the future behaviour and character of the children. Normal children are healthy, happy and well-adjusted. This adjustment is developed by providing basic emotional needs along with physical and physiological needs for their mental wellbeing. The emotional needs are considered as emotional food for healthy behaviour. Behaviour problems are viewed as discrepancy between the child's behaviour and demands placed on him by his parents, teachers and colleagues.

Effectiveness Of Educational Package On Knowledge Regarding Selected Aspects Of Behavioural Problems Among Mothers Of Under-five Children In A Selected Rural Community Of Mangalore.

Objectives Of The Study:

1. To determine the level of knowledge regarding behavioural problems among mothers of under-five children using structured knowledge questionnaire
2. To prepare an educational package regarding behavioural problems among under-five children
3. To find the effectiveness of an educational package on behavioural problems in terms of gain in post - test knowledge score

Operational Definitions

Effectiveness: In this study effectiveness refers to the extent to which an educational package has achieved its desired effect as measured using structured knowledge questionnaire in terms of gain in knowledge score

Educational Package: It refers to systematically developed and organized teaching material as well as distribution of pamphlets to provide information to the mothers regarding behavioural problems which includes meaning, causes, types of behavioural problems and their management.

Knowledge: In this study knowledge refers to the information mothers have regarding behavioural problems among under-five children measured in terms of knowledge scores

Mothers: It refers to the women who have at least one child under the age of five years residing in a selected rural area of Mangalore.

Behavioural Problems: It refers to the reactions and physical manifestations seen in children which are resulting due to emotional disturbances or environmental maladjustment.

METHODS AND MATERIALS

Research Approach and Design: an evaluative research approach with pre-experimental (one group pre-test post-test) design was used for the study.

Setting of the Study: the study was conducted in a selected rural area, Mulki, Mangalore

Sample and Sample Size: study was conducted among 18 mothers having children below five years of age from a selected rural area of Mangalore who met the inclusion criteria.

Sampling Technique: Convenient sampling technique

Data Collection

After the permissions were obtained from respective authorities, pre-test was conducted by administering a structured knowledge questionnaire prepared by the investigator. Educational package prepared was administered to the mothers after the pre-test and on the seventh day post-test was conducted using the same knowledge questionnaire. Verbal and written consent was obtained from the participants of the study and were assured of confidentiality. The tool and the educational package prepared was translated into Kannada language and the content validity was established.

Inclusion Criteria:

- Mothers having children below five years of age residing in a selected rural area
- Mothers who knew to read and write Kannada
- Mothers who were available at the time of data collection

Exclusion Criteria:

- Mothers who were not willing to participate in the study.

Data Collection Instrument: Structured Knowledge Questionnaire on selected aspects of behavioural problems.

Scoring Key

The structured knowledge questionnaire consisted of 24 items. Each correct answer was given a score of one and a wrong answer score zero. The maximum score was 24.

RESULTS

Part I: Baseline Characteristics

Table 1: Frequency And Percentage Distribution Of Mothers According To Baseline Characteristics. n=18

Variable	Frequency (f)	Percentage (%)
Mothers age in years		
20 and below	1	5.56%
21-25	1	5.56%
26-30	8	44.44%
31-35	8	44.44%
Educational status of mother		
Illiterate	0	0
Primary school	6	33.33%
High school	8	44.44%
PUC	3	16.67%
Degree and above	1	5.56%
Occupation of the mother		
Home maker	18	100%
Coolie	0	0
Employee	0	0
Business	0	0

The data presented in table 1 depicts that equal (44.44%) percentage of mothers were in the age group of 26-30, 31-35 years and equal (5.56%) percentage of mothers in the age group of 21-25 and 20 and below. Majority (44.44%) of the mothers had education up to high school and only 5.56% had education up to degree and above. All (100%) mothers were home makers.

Part 2: Effectiveness Of Educational Package

Table 2: Distribution Of Mothers According To The Grading Of Pre-Test And Post-Test Knowledge Score. n=18

Score	Grade	Pre-test		Post-test	
		F	%	f	%
0-8	Poor	3	16.67	1	5.55
9-16	Average	15	83.33	14	77.78
17-24	Good	0	0	3	16.67

The data in table 2 reveals the level of knowledge of mothers in the pre-test and post-test. In the pre-test highest (83.33) percentage of mothers had average knowledge and 16.67% had poor knowledge and none had good knowledge, whereas in the post-test 16.67% had good knowledge and only 5.55% had poor knowledge and highest (77.78) percentage had average knowledge.

Table 3: Range, Mean, Median, Standard Deviation And 't' Value Of Pre-Test And Post-Test Knowledge Score n=18

Knowledge	Range	Mean	Median	SD	't' value
Pre-test	0-15	10.5	11	4.23	6.981*
Post-test	8-19	14.11	14	2.58	

Maximum = 24 * Significant $t_{17}=2.110$ $p<0.05$

The data in table 3 shows mean post-test knowledge score was more than mean pre-test knowledge score and the calculated 't' value ($t_{17}=6.981$ $p<0.05$) was more than the table value ($t_{17}=2.110$). This shows that the educational package was effective in improving the knowledge of mothers.

CONCLUSION

The following conclusions were drawn based on the present study:

- The pre-test findings showed majority of mothers had average knowledge
- Post-test findings showed significant increase in knowledge score
- Educational package was an effective teaching method for providing information

REFERENCES

1. <http://en.wikipedia.org/wiki/behaviour>
2. Dr.Kaliapeuamal. Child behaviour-what parents can do to change their child's behaviour.2002;34:23-5
3. <http://onlinelibrary.wiley.com>
4. Patil S. A comparative study to assess the knowledge of mothers regarding behavioural problems among children in selected urban and rural areas of Raichur. Dissertation submitted to Rajiv Gandhi University of Health Science bangalore:2007.
5. Datta P. A textbook of Paediatric Nursing. Sixth edition. New Delhi: Jaypee Brothers Medical Publishers;2023.
6. Gupta S. The Short Textbook of Paediatrics.10thedn. New Delhi: Jaypee Brothers Medical publishers;2004.
7. Yadav M. A Textbook of Child Health Nursing. 1stedn. PV publishers Pvt Ltd.
8. Sharma R. Essentials of Paediatric Nursing.4thedn. New Delhi: Jaypee Brothers Medical Publishers;2024.
9. Rajani P. A textbook of Child Health Nursing. Vijayam publications;2020.