



EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE AND ATTITUDE OF MOTHERS REGARDING EATING HABITS OF PRE SCHOOL CHILDREN

Nursing

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ABSTRACT

Under nutrition in India is among the highest in the world, far exceeding that of sub-Saharan Africa. Nearly $\frac{3}{4}$ of Indian children are underweight, 19% are wasted (in fact, Indian children account for one-third of the world's wasting), and 38% are stunted. While under nutrition has been steadily declining over the past few years, the rate of under nutrition remains unacceptable, accounting for 22% of the burden of disease. Over half of child deaths are associated with under nutrition. An evaluatory approach was used for the study. Pre – experimental one group pre-test – post-test design was used in this study. The size of population included in the study was 80 mothers. At day seven, average (Mean \pm Standard Deviation) scoring to judge the knowledge (15.36 \pm 2.32 points) and attitude (52.83 \pm 5.19 points) among mothers of preschool children found to be significantly increased and improved post administration as compared to average scoring of knowledge (8.81 \pm 2.13 points) and attitude (28.49 \pm 7.92 points) at baseline stage (day one). However, these mean scoring differences of 6.55 points in assessment of knowledge ($p < 0.001$) and of 24.34 points in attitude ($p < 0.001$) between pre and post administration among mothers of preschool children were statistically strongly significant.

KEYWORDS

Planned teaching programme, Preschool Children, Eating Habits.

BACKGROUND OF THE STUDY-

Children between the ages of 3 to 5 years are among the most vulnerable because this growth period constitutes the vital window during which irreversible nutritional damage occurs. The health of pregnant or lactating women and their children are inextricably linked. Thus children whose mothers are uneducated and undernourished themselves are more likely to experience complications due to under nutrition. Under nutrition is more pronounced in rural areas (with an underweight prevalence of 50%) than in urban ones (with an underweight prevalence of 38%). The states most affected by inadequate nutrition in India are Maharashtra, Orissa, Bihar, Madhya Pradesh, Uttar Pradesh, and Rajasthan. Finally, children from scheduled tribes and castes, which fall in the lowest wealth quintile, suffer from the highest rate of under nutrition across the board ranging from 53.2% to 56.2%.

PROBLEM STATEMENT-

“a Study To Assess The Effectiveness Of Planned Teaching Programmeme On Knowledge And Attitude Of Mothers Regarding Eating Habits Of Pre School Children In Selected Urban Area Of Indore City.”

OBJECTIVES OF THE STUDY WERE -

- To assess the pre-test knowledge score regarding eating habits among mothers of preschool children.
- To assess the pre-test attitude score regarding eating habits among mothers of preschool children.
- To assess the effectiveness of planned teaching programme on knowledge and attitude regarding eating habits among mothers of preschool children.
- To find out association between pre-test and post-test knowledge & attitude scores with the selected demographic variables.

HYPOTHESIS ARE-

- RH0 – There will be no significant difference between pre-test and post-test knowledge and attitude score regarding eating habits among mothers of preschool children.
- RH1 – There will be significant difference between pre-test and post-test knowledge and attitude score regarding eating habits among mothers of preschool children.
- RH2 – There will be significant association between pre-test and post-test knowledge and attitude regarding eating habits among mothers of preschool children with selected demographic variables.

METHODOLOGY –

An evaluatory approach was used for the study. Pre – experimental one group pre-test – post-test design was used in this study. The size of

population included in the study was 80 mothers which were selected according to inclusive & exclusive criteria from urban area of Indore city. They were given a planned teaching programme to give their response to assess the knowledge and attitude regarding eating habits of preschool children.

INTERPRETATION AND CONCLUSION -

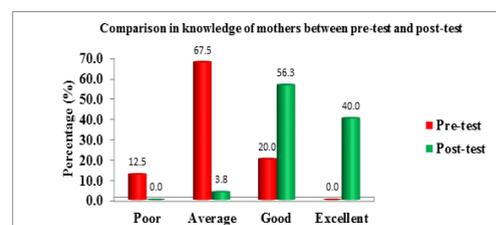
At seventh day post-administration, the knowledge and attitude after administration of planned teaching programme among mothers regarding eating habits of preschool children found to be differed and were significantly improved as compared to pre-interventional knowledge and attitude.

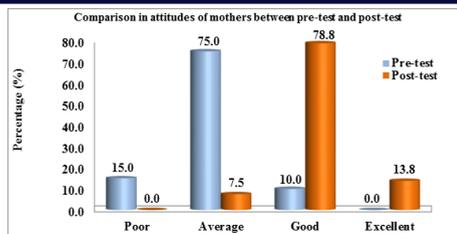
At day seven, average (Mean \pm Standard Deviation) scoring to judge the knowledge (15.36 \pm 2.32 points) and attitude (52.83 \pm 5.19 points) among mothers of preschool children found to be significantly increased and improved post administration as compared to average scoring of knowledge (8.81 \pm 2.13 points) and attitude (28.49 \pm 7.92 points) at baseline stage (day one). However, these mean scoring differences of 6.55 points in assessment of knowledge ($p < 0.001$) and of 24.34 points in attitude ($p < 0.001$) between pre and post administration among mothers of preschool children were statistically strongly significant.

Moreover, the statistical agreement projected that the mothers of preschool children intervened with reliable planned teaching programme had better and significantly improved knowledge and attitude.

Comparison Of Knowledge And Attitude Scoring Among Mothers Between Pre (baseline) And Post Administration

Parameter	Sampling Stage	Scatter	Mean Diff	Z-statistic	p-value (LOS)
		Mean \pm SD			
Knowledge	Pre test	8.81 \pm 2.13	6.55 points	24.66	$p < 0.001$
	Post Test	15.36 \pm 2.32			
Attitude	Pre test	28.49 \pm 7.92	24.34 points	26.10	$p < 0.001$
	Post Test	52.83 \pm 5.19			





RESULTS

The pre-existed knowledge and attitude of mothers of preschool children was found at an average level which can be easily measured by analyzing the pre-test scoring. However, major part of the population of mothers noted with an average categories knowledge and attitude at baseline stage. Before administration of planned teaching programme, ten (12.5%) mothers showed poor (0-5) knowledge whereas twelve (15.0%) showed poor (0-20) attitude.

Statistical analysis indicated that more than two third (54, 67.5%) mothers showed average (6-10) knowledge about eating habits of preschool children before administration of planned teaching programme in comparison to exactly three fourth (60, 75.0%) had an average (21-40) attitude about eating habits of preschool children.

Sixteen (20.0%) mothers observed within good knowledge (11-15) category was documented at baseline stage as compared to 8 (10.0%) mothers had good attitude (41-60) towards eating habits of their children.

Further, this was obtained at baseline stage that none (0.0%) of the mothers showed either excellent knowledge (16-20) or excellent attitude (61-80) towards eating habits of their children.

Overall, results of research indicated that the statuses of knowledge and attitude of mothers about eating habits of preschool children at baseline (day one) stage found to be approximately similar.

After administration of planned teaching programme, three (3.8%) mothers showed an average (6-10) knowledge about eating habits of preschool children whereas six (7.5%) showed an average (0-20) attitude.

More than half (45, 56.3%) mothers measured with good (11-15) knowledge about eating habits of preschool children after administration of planned teaching programme in comparison to more than three fourth (63, 78.8%) had good (41-60) attitude about eating habits of preschool children.

Further analysis indicated that thirty two (40.0%) mothers observed with excellent knowledge (16-20) was documented post administration as compared to eleven (13.8%) mothers had excellent attitude (61-80) towards eating habits of their children had much aware about eating habits of children which highlighted the effectiveness of planned teaching programme in terms of better gain in knowledge and followed by attitude.

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