



“A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON NUTRITIONAL REQUIREMENTS OF TODDLERS AMONG MOTHERS AT A SELECTED COMMUNITY AREA IN BENGALURU”

Nursing

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ABSTRACT

BACKGROUND AND PURPOSE: During the periods of rapid growth and development, toddlers may be particularly vulnerable to inappropriate dietary patterns and nutrition. Mothers must have adequate knowledge regarding nutritional requirements, which will help to keep their children healthy. This study was conducted to assess the effectiveness of STP on nutritional requirements of toddlers among mothers. **OBJECTIVES:** 1) To assess the knowledge of mothers regarding nutritional requirements of toddlers by pre test. 2) To evaluate the effectiveness of STP by comparing pre and post test knowledge scores. 3) To find out the association between the pre-test knowledge scores with selected demographic variables. **DESIGN:** Pre-experimental one group pre test post test. **SAMPLE:** Mothers of toddlers residing in Chandapura community area in Bengaluru. **SAMPLE SIZE:** 50 mothers having children between the age of 1-3 years. **SAMPLING TECHNIQUE:** Purposive sampling. **RESULTS:** Findings of the study revealed that the overall pre test knowledge score was 31.6%, where as the post test was 80.5%. The obtained 't' value found to be significant at 0.05 level, hence the STP was effective in improving the knowledge of mothers. Study also revealed that there is significant association between pre test knowledge scores with selected demographic variables such as religion, husband's education, number of children, family income and previous sources of information at 0.05 and 0.01 levels of significance. The other demographic variables like maternal age, education, family type, occupation and dietary pattern had no significant association with the pre test knowledge scores. **CONCLUSION:** The STP was effective in improving the knowledge of mothers regarding nutritional requirements of toddlers.

KEYWORDS

INTRODUCTION

Healthy children are the greatest resource and pride of a Nation. Children ought to be healthy and happy to become productive and contented adults of the future. To give them a happy and healthy childhood, we must safe- guard their total health, right from the beginning. According to Indian Medical Association- 'Today's child is tomorrow's nation builder. An unhealthy malnourished child of today will only contribute to unhealthy future for the country'. Children between 1-3 years of age are called toddlers. There is a saying that, 'If we have good health we would have achieved most of the things in life'. It is recognized that the period from birth to two years of age is a 'critical window' for the promotion of optimal growth, health and cognitive development.

The younger children contribute to the vital human potential and impart strength to the national economy and development. During the toddlerhood child explores the world around gaining a sense of freedom to experience everything around him/ her. Maintaining optimum physical health is vital and it depends on the nutrition and prevention from illness. In most countries of the world, there is a relative neglect of children of this age group. They are vulnerable or special risk group in any population, deserving special health care supervision and health monitoring.

The toddler phase can often be challenging when it comes to feeding. Several developmental changes occur at this time. Toddlers are striving for independence and control. Their growth rate slows down and with this comes a decrease in appetite. These changes can make meal time difficult. It is important for parents to provide structure and set limits for the toddler. An important change in nutritional habits occurs during the transition from infancy to toddlerhood. During this time, toddlers gain independence by developing self-feeding skills and increasing control over food choices.

OBJECTIVES OF THE STUDY

1. To assess the knowledge of mothers regarding nutritional requirements of toddlers by conducting pretest.
2. To evaluate the effectiveness of structured teaching programme by comparing pre test and post test knowledge scores.
3. To find out the association between the pre-test knowledge scores with selected demographic variables.

HYPOTHESIS

- H1- There will be significant difference between pre and post test knowledge scores.
- H2- There will be significant association between the pretest knowledge scores with selected demographic variables.

OPERATIONAL DEFINITIONS

Assess: It refers to statistical measurement of correct response to the knowledge items listed in the tool.

Effectiveness: - It refers to gain in knowledge on nutritional requirements of toddlers determined by significant differences between pre and post test knowledge scores.

Structured Teaching Programme:- It refers to the systematically developed instructional method and teaching aid designed for mothers of toddlers to provide information regarding nutritional requirements.

Nutritional Requirements of Toddlers: - It refers to the requirements of essential nutrients at this age, importance to meet this nutrients, deficiency disorders and sources of nutrients.

Mothers: - It refers to women who have children in the age group of 1-3 years.

Community: - It refers to the selected community, Chandapura at Bengaluru, located 12 kilometers away from the college with the population of 7899 and having a primary health centre.

ASSUMPTIONS

1. Mothers may have some knowledge regarding nutritional requirements of toddlers.
2. Mothers may have interest to know about the nutritional requirements of toddlers.

DELIMITATIONS

1. The study is limited to mothers having children between 1-3 years of age.
2. The study is limited to the aspect of nutritional requirements of toddlers.

The study is limited to a selected community area in Bengaluru.

METHODOLOGY

Research Approach

The research approach used in this study is evaluative in nature.

Research Design

The research design selected for the present study was a pre experimental one group pretest posttest.

Setting of the study

The setting is the physical location and conditions in which data collections takes place in a study. The present study was conducted at

Chandapura community area, Bengaluru, with the population of 7899 and having a primary health centre. Its a rural community area. The Chandapura PHC covers total of 22 villages including 4 sub centers.

Variables under study

Independent variable

In this study, the independent variable refers to the structured teaching programme on nutritional requirements of toddlers.

Dependent variable: In this study, it refers to the knowledge level of mothers regarding the nutritional requirements of toddlers.

Extraneous variables

The extraneous variables in the present study is the demographic data which include age, religion, education, husband's education, number of children, type of family, occupation, family income, dietary pattern, and previous source of information on nutritional requirements of toddlers.

Population

In the present study the population consisted of mothers of toddlers.

Sample, Sample Size

The study comprised of 50 mothers of toddlers from Chandapura community area, Bengaluru.

Sampling Technique : purposive sampling technique.

INCLUSION CRITERIA

1. Mothers who have children between the ages of 1-3 years.
2. Mothers who were available at the time of data collection.
3. Mothers who can understand Kannada or English.

EXCLUSION CRITERIA

1. Mothers who were not willing to participate in the study.
2. Mothers who were not available at the time of data collection.
3. Mothers who can't understand Kannada or English.

Data Collection Tool

Selection of the tool : A structured interview schedule was considered the best and appropriate instrument to elicit the response from the participants.

Scoring

There were 36 items. Each item had four options with one most appropriate answer. The maximum score for correct response to each item was "one" and the incorrect was "zero." The total possible score of the structured questionnaire was 36. The same questionnaire was used for the assessment of knowledge in pre and post test.

The resulting scores were ranged as follows

- Adequate : More than 75% (27-36 marks)
- Moderate : 50- 75% (18-26 marks)
- Inadequate : 50% (less than 18 marks)

Pre- testing the tool

The tool was pre-tested on 10 mothers of toddlers from Begur community area, Bengaluru. The structured interview schedule was carried out to collect data and 15- 20 minutes was needed to complete the interview.

Content Validity

The prepared tool along with the problem statement, objectives, blue print and criteria checklist was submitted to 15 experts comprising of 11 pediatric nurse educators, 1 language expert, 2 pediatricians and 1 statistician. The tool was modified as per suggestions of the experts.

Reliability of the tool

It is computed by using Split half technique with raw score method and Spearman Brown prophecy formula. The reliability value obtained is 0.95. Thus the questionnaire was found to be highly reliable.

Development of the Structured Teaching Programme

It was prepared by utilizing various sources like related literatures, based on suggestions of experts etc

Selecting the Method of Teaching

Lecture cum discussion method was selected as an appropriate method of teaching.

Selection of Appropriate Audio-Visual Aids

Power point, charts and models were considered appropriate to increase the impact of teaching and learning.

Procedure for data collection

Before the actual collection of the data, formal permission was obtained from District Health Officer, Bengaluru. Then the community permission obtained from Medical officer, Chandapura PHC, Bengaluru. 50 mothers were pre tested by structured interview schedule. Then given the structured teaching programme to the same samples. On seventh day, the post test was conducted .

OVERALL KNOWLEDGE SCORES ANALYSIS OF PRE AND POST TESTS

N=50

Knowledge level	Pretest		Post test	
	Frequency	Percentage	Frequency	Percentage
Inadequate knowledge (Less than 50%)	45	90.0	0	0
Moderate knowledge (51-75%)	5	10.0	8	16.0
Adequate knowledge (76-100%)	0	0	42	84.0
Total	50	100.0	50	100

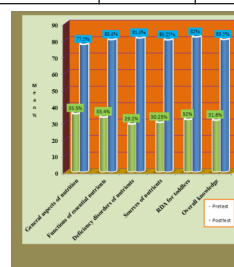
From the above table, it is evident that in pre test, 90% of mothers had inadequate knowledge, 10% of had moderate knowledge and no one had adequate knowledge level. In post test no one had inadequate knowledge, 16% of mothers had moderate knowledge and 84% had adequate knowledge level.

COMPARISON OF PRE AND POST TESTS KNOWLEDGE SCORES

Knowledge Aspects	No. of questions	Pre test	Post test	SD of differences	't' value	df	P value Inference
		Mean	Mean				
General aspects of nutrition	4	1.42	3.1	0.79	15.27	49	P<0.05*
Importance/Functions of essential nutrients	10	3.34	8.04	1.77	18.8	49	P<0.05*
Deficiency disorders of nutrients	10	2.92	8.14	1.99	18.64	49	P<0.05*
Sources of nutrients	8	2.42	6.42	1.57	18.09	49	P<0.05*
RDA for toddlers	4	1.28	3.28	1.08	13.3	49	P<0.05*
Overall knowledge	36	11.38	28.98	5.3	23.78	49	P<0.05*

* is significant; NS is not significant

The table reveals that the obtained 't' value 23.78 is greater than the table value at 0.05 and 0.01 levels of significance. Therefore it is found that there is significant difference in the pre test and post test knowledge scores, hence the research hypothesis is accepted. The mean post test knowledge scores of mothers was significantly higher than the pretest knowledge scores as measured by paired 't' test. This supports that the structured teaching programme was effective in increasing the knowledge of mothers regarding nutritional requirements of toddlers.



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