



ORIGINAL RESEARCH PAPER

Nursing

A STUDY TO ASSESS THE EFFECTIVENESS OF A NEED BASED TEACHING PROGRAMME ON CARE OF INFANTS FOR MOTHERS IN A SELECTED COMMUNITY AREA, BANGALORE

KEY WORDS:

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ABSTRACT

INTRODUCTION: Infants are small, helpless, and needful newborns and need their parents or caregivers to take care of them. They need a lot of attention. Sometimes, providing that care as a new parent or caregiver can seem daunting. Take a deep breath - it gets easier once you learn about your infant's basic needs and how to provide for them. With the emergence of the nuclear family structure, and the absence of the older members of the family at home, mothers often miss out on a much needed, fountain of knowledge support system. New mothers are generally nervous of whether they are fully equipped to provide the new baby all the care and support that the baby deserves. With this background, researcher planned a study to assess the effectiveness of a need based teaching programme on care of infants for mothers in a selected community area, Bangalore.

METHOD: The research design of the present study used two designs, The research design that will be used for the (first part) of the study was phenomenological design to assess the needs of mothers regarding the care of infants and focus group discussion for ten mothers was conducted and convenient sampling technique was used. In the main study (second part) a pre experimental one group pre test, post test design was used to assess the effectiveness teaching programme on knowledge of mothers regarding care of infants. Data collection was done from 40 mothers and purposive sampling technique was used. The results were analyzed by using descriptive and inferential statistical analysis.

RESULTS: Study revealed that, there was a significant difference between the post test knowledge score of mothers on care of infants. The obtained "t" value 36.184 is greater than the table value at 0.05 level of significance. Therefore, "t" value is found to be significant. It means there is gain in Knowledge level of mothers regarding care of infants.

CONCLUSION: Overall observation showed that the Structured Teaching Programmed on Infant care was effective in enhancement of knowledge score of the mothers. From this it can be concluded that structured teaching programme on care of infants is an effective tool in increasing knowledge of mothers.

INTRODUCTION

Children are our future and most precious resources. Health of the future children depends greatly on the nurturing practice adopted by the family. The first few days of life is a period of transition occurring all of a sudden from parasitic fetal life (intra uterine environment) to a completely independent life (extra uterine life). The process of birth and adaptation to the new surroundings depend upon number of adjustments on the part of the newborn baby especially.

Children of today are tomorrow's citizen, thus it is extremely important to ensure good health for children. Child health plays a vital role in the development of a country. The first six years of life constitutes the most crucial span in life. At this stage of life, the foundation are laid for mental, physical and social development. Children are the assets for tomorrow's productivity. The growth of any country is depending on the availability of healthy human resource. As children represent the future generation, thus makes them healthy is of crucial importance. Healthy children ensure for healthy adult who in turn ensure a sound growth and development of the economy. New-borns particularly infant and under-five children are more vulnerable to malnutrition, mortality and other diseases, which can be easily prevented or treated. Nutrition and health care both are very crucial in the early stages of life. Nutrition acts both as an essential element on one hand and increased rate of child survival on the other hand. Healthcare is also very necessary for growth and development of children. Lack of adequate nutrition increased the risk of mortality.

In the early months of life, babies are developing physically, mentally, emotionally and socially by exploring and experimenting with the things in the environment around them. Caregivers can help babies to safely explore their world by attending to and fixing aspects of babies' environments that may be dangerous for them. However, attending to and acting upon safety tips will help caregivers prevent injuries from occurring.

particularly unfair when they attack children. Unfortunately, many diseases seem to take a special interest in the young, infecting them more frequently and vigorously than they do adults. Children are more susceptible to diseases for a number of reasons. The major reason for children's increased susceptibility is that they have had limited exposure to diseases and therefore haven't yet built the immunologic defenses required to fend off certain diseases. The environment plays an important role as well. Children in day care centers and in school pass infections around and then take them home and pass them to siblings and parents. This is a cycle that is difficult to break. Children also don't always practice good hygiene and that makes them both susceptible to as well as good transmitters of disease. This demands the care givers to develop an in depth understanding about various factors related to illness children.

Infant mortality rate (IMR) is the number of deaths per 1,000 live births of children under one year of age. The rate for a given region is the number of children dying under one year of age, divided by the number of live births during the year, multiplied by 1,000. [Causes of infant mortality directly lead to the death. Environmental and social barriers prevent access to basic medical resources and thus contribute to an increasing infant mortality rate; 99% of infant deaths occur in developing countries, and 86% of these deaths are due to infections, premature births, complications during delivery, and perinatal asphyxia and birth injuries. Common causes are preventable with low-cost measures. In the United States, a primary determinant of infant mortality risk is infant birth weight with lower birth weights increasing the risk of infant mortality. The determinants of low birth weight include socio-economic, psychological, behavioural and environmental factors. Causes of infant mortality that are related to medical conditions include: low birth weight, sudden infant death syndrome, malnutrition and infectious diseases, including neglected tropical diseases. Child is the chief victim of interplay of nutrition, socioeconomic and health factors that cause various morbidity related issues in any given setting.

Diseases can be devastating for anyone, but it seems

An infant someone who becomes a child and then an adolescent, passing through his parent's lives and disappearing into an adult, a full-fledge person, with a life and a future all his own. No one can slow this process at any point in time. Healthy and sturdy babies are likely to evolve as physically and mentally strong adults with enhanced quality of human resource development. The health of a growing child is always a matter of great concern to the parents. The physical health of a child is important because it is associated with the mental and social development.

The infant's developmental and physical growth is influenced continuously by intrinsic and extrinsic forces that produce individual variation and make each infant's developmental path unique. By monitoring child and family, the nurse can observe the inter-relationship of physical growth and cognitive, motor and emotional development.

Learning is the addition of new knowledge and experience, interpreted in the light of past knowledge and experience. Teaching and learning is an integral part of nursing. By assessing needs of mothers regarding the care of the infants, an overview can be obtained about the areas which need education and modifications and hence specific intervention strategies can be made to correct the same.

STATEMENT OF PROBLEM

“A study to assess the effectiveness of a need-based Teaching Programme on care of infants for mothers in a selected community area, Bangalore”.

OBJECTIVES OF THE STUDY

- 1) To determine the learning needs of mothers in specific areas of infant care.
- 2) To evaluate the effectiveness of a planned teaching programme in terms of gain in knowledge of mothers.
- 3) To find the association of pre test knowledge of mothers regarding care of infants with selected baseline variable.

HYPOTHESIS

Hypothesis was tested at P < 0.05 level of significance.

- **H1:** There will be a significant difference in the knowledge of mothers regarding care of infants before and after teaching programme.
- **H2:** There will be a significant association between knowledge of mothers regarding care of infants with selected baseline variables

MATERIALS AND METHOD

Conceptual framework adopted in this study is by Dr. Nola. J. Pender Health Promotion Model. So for this study two designs was used. The research design that was used for the (first part) of the study was phenomenological design to assess the needs of mothers regarding the care of infants. In the main study (second part) a pre-experimental one group pre-test, post-test design was used to assess the effectiveness teaching programme on knowledge of mothers regarding care of infants. The study was conducted in Bagalur PHC and Bagalur village. Bagalur PHC is located in Bangalore. Convenient sampling was used to recruit the sample for the qualitative phase of the study. Purposive sampling was used in quantitative phase as it was found most appropriate to elicit information based on the objective of the study.

Description of the tools

Since the study used instruments to collect data qualitatively and quantitatively, the following tools were developed.

1. Focused group discussion guide

Part A: background data sheet

Part B: Depth discussion guide with triggering questions

2. Structured knowledge questionnaire

The tool comprises of two parts:

Part A:-Demographic profile consists of 10 items which includes Age, Educational status, occupational status, type of family , place of no. Of children, family income, birth order, history of any illness, Source of getting health related information.

Part B :- Structured questionnaire consists of 40 items. Items were prepared based on the following aspects of infant care

- Personal hygiene
- Immunization
- Nutrition
- Illness
- Accidents and safety

In order to obtain content validity, the prepared instrument along with problem statement, operational definitions and blue print was submitted to five experts in the field of paediatric nursing and one expert in the field of medicine. The reliability of the tool was established by using test-re test (Karl Pearson's correlation co-efficient). The proposed study was conducted after the approval of the dissertation committee of Koshy's College of nursing. Permission was obtained from the medical officer, Bagalur PHC. Consent of each subject was obtained before starting data collection. In the first part of the study the method adopted for data collection was focus group discussion, In the second part of the study, pre test was done for the group, duration of 20 minutes was given for each sample to complete the tool and on the same day Structured teaching programme was administered using A. V Aids.

Post test was conducted after 7 days by using the same structured questionnaire. Data was analysed using descriptive and inferential statistics.

RESULTS

Description of participants characteristics

Indicates maximum 13(32.5%) of subjects were aged between 21-25 year. majority 23(57.5%) of the subjects had Intermediate or post high school diploma. 31 (77.5%) of subjects were semi skilled workers. Majority 39(97.5%) of subject's lives in unitary family. 40(100%) subjects participated in the study were from rural areas. that majority 18(45%) of subjects had family income more than Rs. 20001. Majority 28(70%) of subjects had one child. all the subjects had received the information about care of infants by friends and family only

Findings of distribution of knowledge scores

N=40

Table 1

Knowledge level	Pre test		Post test	
	Frequency	Percent	Frequency	Percent%
a. Inadequate knowledge	27	67.5	0	0.0
b. Moderate knowledge	13	32.5	0	0.0
c. Adequate knowledge	0	0.0	40	100.0
Total	40	100	40	100

Comparison of pre test and post test knowledge regarding care of infants

N=40

Table 2

Sl. No.	Knowledge aspects	Pre test		Post test		Mean difference	t Value	Df	Inference
		Mean	S D	Mean	S D				
1	Nutrition	7.9	1.614	12.3	0.791	4.40	19.007	39	S
2	Illness	1.75	1.032	4.65	0.533	2.90	19.197	39	S
3	Immunization	3.28	1.281	7.28	0.847	4.0	19.159	39	S
4	Accidents and Safety	2.575	1.29867	5.62	0.667	3.05	16.722	39	S
5	Personal Hygiene	3.78	1.209	7.38	0.667	3.6	17.294	39	S
Overall knowledge		19.28	3.162	37.22	1.045	17.95	36.184	39	S

The table 2 it is evident that the obtained "t" value 36.184 is greater than the table value at 0.05 level of significance. Therefore, "t" value is found to be significant. It means that there is gain in Knowledge level of mothers regarding care of

infants after the administration of STP. This supports that Need based Planned Teaching Programme on care of infants is effective in increasing the Knowledge level of mothers. Hence the hypothesis stated in HI is accepted.

Association of pre test knowledge scores of mothers with selected demographic variables

N= 40

Table 3

Variables	Below Median	Median and above	Chi square	Df	P value (0.05)	Inference
Age in years						
a.21-25 years	5	8	3.010	3	0.390	NS
b.26-30 years	7	6				
c.31-35 years	7	5				
d.More than 36 years	0	2				
Education						
a.Intermediate or post high school diploma	11	12	1.447	2	0.485	NS
b.Middle school certificate	3	6				
c.Primary school certificate	5	3				
Occupation						
a.Shop owner	3	1	1.394	2	0.498	NS
b. Semi skilled	14	17				
c. Unemployed	2	3				
Type of family						
a.Joint family	1	0	1.134	1	0.287	NS
b.Unitary family	18	21				
Place of residence						
a.Rural	19	21	-	-	-	-
Family income						
a.More than Rs. 20001	7	11	2.684	2	0.261	NS
b.Rs. 15001-20000	1	3				
c.Rs. 5001-10000	11	7				
Number of children						
a.One	14	14	0.234	1	0.629	NS
b.Two	5	7				
Birth order						
a.First child	8	12	0.902	1	0.342	NS
b.second Child	11	9				
History of any illness in the child						
a.No	19	21	-	-	-	-
Source of Information						
a.Family and friends	19	21	-	-	-	-

The table 3 shows χ^2 value computed between the pre test knowledge level of mothers on care of infants and selected demographic variables. Variables were not significant at 0.05 level Thus it can be inferred that there is no significant association between pre test knowledge level of the mothers regarding care of infants and selected variables. Therefore the hypothesis H2 is rejected.

It means there is gain in Knowledge level of mothers regarding care of infants. This supports that Need based Planned Teaching Programme on care of infants is effective in increasing the Knowledge level of mothers.

- Overall observation showed that the Structured Teaching Programmed on Infant care was effective in enhancement of knowledge score of the mothers.

DISCUSSION

- In the post test knowledge score obtained were nutrition (95%), personal hygiene (92%), illness (93%), immunization (91%) and accidents and safety (94%) The overall mean percentage of post test knowledge score was 37.22(93.05%) with the standard deviation of 1.405.
- In comparison of pre test and post test, the over all percentage was effectively good. The obtained "t" value 36.184 is greater than the table value at 0.05 level of significance. Therefore, "t" value is found to be significant.

IMPLICATIONS OF THE STUDY

The findings of the study can be used in the following areas of nursing profession.

Implications on nursing practice

- Nurses are the key persons of the Health team, who play a major role in Health promotion and maintenance. The teaching programme can be conducted by the nursing personnel in the community which will improve the knowledge on infant care among the mothers.

Implications on nursing education

- Nurses are trained equally as educators and service providers. The investigator developed a STP based on learning needs of mothers on infant care. The material could be used for teaching the students regarding the same and they can use that in turn in educating or counselling the mothers.

Implications on nursing administration

- The nursing administrators should take part in the Health Policy making, developing protocols, standing orders related to designing the health education programme and strategies on infant care.

Implications on nursing research

- The study helps the nurse researchers to develop appropriate health education tools for educating the mothers on infant care.

CONCLUSION

The present study was done with an aim to understand the learning needs of mothers on infant care, develop an STP based on these needs and then to finalize the effectiveness of STP in enhancing the knowledge of mothers on care of infants.

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