

## Assess the effectiveness of planned teaching programme on the knowledge regarding prevention and management of diarrhoea among mothers in selected community area at Kanpur, U.P.

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### ABSTRACT

**BACKGROUND-** One of the main factors influencing childhood morbidity and death is diarrhea, a frequent illness. Every year, diarrhea and infections associated to it claim the lives of almost 1.5 million youngsters. The Indian government intends to lower the infant mortality rate from 95 to 50 and the pre-school mortality rate through its National CDD (Control of Diarrhea Diseases) Program by the year 2000 A.D., from 41.2 to 10 per 1000. In 2005, India reported 1.07 million cases of severe diarrhea and 1040 fatalities. According to the Uttar Pradesh statistical report, Bahraich was the district most hit by flooding in 2007, with around 173 villages flooded. In 2008, the area experienced flooding in about 183 villages.

**AIM-** To evaluate the effect of a planned education program on mothers' knowledge of managing and preventing diarrhea in children under five.

**METHODS-** This study was quasi-experimental design. There were 60 Participants were selected through convenient sampling technique.

**RESULTS-** The pre-test findings showed that 70% of women had low knowledge, 16.66% had moderate knowledge, and 13.3% had adequate knowledge. Furthermore, post-test results indicate that 8.33% of mothers have moderate knowledge and 91.66% have acceptable knowledge.

**CONCLUSION-** The outcome demonstrated that the proposed educational program was successful in raising mothers of children under five's awareness of diarrhea management and prevention.

**KEYWORDS-** effectiveness, planned teaching programme, knowledge, diarrhoea and under five year children

## INTRODUCTION

In 2005, India reported 1.07 million cases of severe diarrhea and 1040 fatalities. Due to unfavorable environmental conditions, outbreaks of diarrheal illnesses, including cholera, continue to occur in India. "EI Tor Cholera" is the type of cholera that is currently prevalent throughout India<sup>1</sup>. Mothers' basic understanding of diarrhea varies depending on a number of characteristics, including their ethnicity, educational background, and past experience managing the illness. Research in the literature reveals that while the majority of mothers knew what oral rehydration salt (ORS) was, there were gaps in their understanding of how to properly prepare and administer it<sup>2</sup>. Most mothers are unaware of the symptoms of dehydration brought on by diarrhea. Educational initiatives can increase mothers' understanding of diarrhea, but written materials alone are insufficient<sup>3</sup>. Including pictures and demonstrations in addition to written content makes it more powerful. With 70% of its farmers

being small and marginal, District Bhraich is mostly an agricultural area. In the state of Uttar Pradesh, the district is the least developed. Due to its high percentage of impoverished Muslims (35%), third-lowest literacy rate (35.79%), and highest rate of flooding, it is considered one of the state's most backward districts<sup>4</sup>.

## NEED OF THE STUDY

One of the most significant gastrointestinal conditions affecting children under five is diarrhea. One of the top three reasons why children die is diarrhea in developing nations. Diarrhea is still a leading cause of morbidity and mortality worldwide, accounting for thousands of child deaths every day, with the largest rates occurring in underdeveloped nations<sup>5</sup>.

## PROBLEM STATEMENT

A study to evaluate the effectiveness of interventional programme on the knowledge regarding prevention and management of diarrhoea among mothers of under five year

children in selected comm. unity area at Kanpur, U.P.

## RESEARCH OBJECTIVE

1. To assess the pre-test and post-test level of know ledge.
2. To evaluate the effectiveness of planned teaching prog ramme.

## HYPOTHESIS

**H<sub>1</sub>** – Mothers with children under five years old will have significantly higher mean pretest knowledge scores than mean posttest knowledge scores when it comes to managing and preventing diarrhea.

**H<sub>2</sub>** – Mothers' pre-knowledge scores about managing and preventing diarrhea in children under five will be significantly correlated with the chosen demographic variables.

## METHODS AND MATERIALS

**RESEARCH APPROACH-** Quantitative Research Approach

**RESEARCH DESIGN-** Quasi-experimental one group pre-test post-test

### VARIABLES-

**Independent Variable-** Planned teaching programme on knowledge regarding prevention and management of diarrhoea among mothers of under five children

**Dependent Variable-** Prevention and Management of Diarrohea among mothers of under five year children

**POPULATION-** mothers of under five children

**SAMPLE-** The sample of this study was taken from Ramnagar, Kanpur.

**SAMPLE SIZE-** 60

**SAMPLING TECHNIQUE-** Nonprobability Convenience sampling technique

**INCLUSION CRITERIA-** The mothers who were present and willing to participate in the study.

**EXCLUSION CRITERIA-** The mothers who were not available at the time of study.

## METHODS OF DATA COLLECTION-

For assessment, a structured knowledge questionnaire of 30 items were developed for the data collection. was given to each subject following each pre-test using a lecture and discussion format. Following a six-day pretest, a post-test was administered utilizing the sample schedule to assess efficacy of the intended curriculum.

## DEVELOPMENT AND DESCRIPTION OF TOOLS USED IN THE STUDY

**SECTION A-** Socio Demographic Variable

**SECTION B-** Knowledge Questionnaire

## ETHICAL CONSIDERATIONS

The Institutional Ethics Committee granted ethical approval prior to the start of the investigation.

Formal authorization was granted to the hospital administration. The mothers were provided written informed consent after being told of the study's objectives.

Mothers were informed that participation in the trial was entirely voluntary. All information was kept private during the duration of the study.

Every piece of information gathered was kept in a password-protected file. The data was only accessible to the study's investigators.

## DATA COLLECTION PROCEDURE

Mothers were given a brief introduction at the beginning of data collection, and each participant was assigned a unique identity number. After explaining to mothers, written informed consent was acquired. Convenience sampling was used to find mothers

ho fit the criteria and place them in the experiment al.A standardized form was used to collect clinical and demographic data.Standardized procedures were implemented to ensure consistency and reduce the possibility of bias.

**Table 1** shows the demographic variables of the experimental group. The majority of families consisted of a Hindus and Muslims resident. Most of the mothers age group is 31 or more trhan 31 (66.66%). 20(33.33%) Of mothers have 3 children, 5(8.33%) have 2 and 5(8.33%) have 1 child.

**RESULTS AND FINDINGS**

**SECTION A - Frequency and Percen tage Distribution of Demographic Variables of Preterm Mothers (n = 60)**

**TABLE1**

S.NO	DEMO GRAPHIC VARIABLE	CLASS	EXPERIMENTAL GROUP	
			(N=60)	
			f	%
1.	Religion	Hindu	25	41.66%
		Muslim	35	58.33%
		Sikh	0	0%
		others	0	0%
2.	Age Group	18-23	0	0%
		24-28	10	16.66%
		29-30	10	16.66%
		31 or more than 31	40	66.66%
3.	Number of Child	1	5	8.33%
		2	20	33.33%
		3	25	41.66%
4.	Type of Family	Joint	30	50%
		Nuclear	25	41.66%
		Extended	5	61.66%
5.	Monthly income of the family	Less than 5000	0	0%
		5001-10000	0	0%
		10001-15000	20	33.33%
		More than 15000	40	66.66%

**SECTION B- Effectiveness of a structured education program on diarrhea management and prevention for mothers of children under five.**

**Table 2: Level of knowledge for pre test and post test (N=60)**

Level of knowledge	Range	Pre Test		Post Test	
		f	%	f	%
Adequate	0-10	8	13.33%	55	91.66%
Moderate	11-14	10	16.66%	5	8.33%

<b>Inadequate</b>	15-25	42	70%	0	0%
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**Table 3. Comparing the efficacy of a planned education program on diarrhea prevention and management among mothers of children under five using paired t-tests (N=60)**

<b>Group</b>	<b>mean</b>	<b>Standard Deviation</b>	<b>T value</b>
<b>Pre test</b>	23.31	3.09	27.6
<b>Post test</b>	21.93	3.96	

Table 2 shows that 42 moms (70%) had insufficient knowledge in the pretest, while 8 mothers (13.33%) had sufficient knowledge. 55 women (91.66%) had adequate knowledge on the post-test, while 5 mothers (8.33%) had moderate understanding.

The pre-test mean and SD are 23.31 (3.09) and the post-test mean and SD are 21.93 (3.96), respectively, according to Table 3. 27.6 is the t value. It demonstrates the efficacy of a planned education program about managing and preventing diarrhea in mothers of children under five.

**Section 3: Pre-test knowledge score association with demographic factors**

The pre-test knowledge score about managing and preventing diarrhea in children under five was substantially correlated with the age of mothers in demographic characteristics. Hence the research hypothesis H<sub>2</sub> is accepted and the null hypothesis H<sub>02</sub> is rejected.

**LIMITATIONS**

1. The study's data gathering timeframe was restricted to 12 weeks.
2. The study was carried out in Kanpur's Ramnagar neighborhood.

**CONCLUSION**

Mothers' basic understanding of diarrhea varies depending on a number of factors, including their educational background, past experience managing the illness, and even their ethnicity. Educational initiatives can increase mothers' understanding of diarrhea, but written materials alone are insufficient. Including pictures and demonstrations in addition to written content makes it more powerful.

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**ETHICAL CONSIDERATIONS**

The Rama Institutional Ethical Committee granted the study ethical permission. After being told about the study, moms of children under five were asked to complete an informed consent form.

**RECOMMENDATIONS**

The following recommendations are made for further reference-

1. To validate the results on the generality, the study might be repeated with a large sample.
2. Study can be done by including additional demographic variables.

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