

A Study to Assess the Effectiveness of Information Booklet on Knowledge regarding Parasbag among the Mothers of School going Children's in Selected Urban Areas at Nagpur City

Sushmit Chavhan¹, Khushboo Punwatkar², Prajakta Thote³, Amita Wasnik⁴

^{1, 2, 3, 4}Suretech College of Nursing, Maharashtra University of Health Science, Nagpur, India

Research Guide: Mr. Hanokh Chakranarayan

M.sc (Nursing) Associated Professor, (Child Health Nursing), Suretech College of Nursing, Nagpur

Abstract: Parasbag is a garden where vegetables, herbs, and fruits are grown for one's own consumption. This is related to the household garden definition which defines these gardens as a subsystem within a larger food procurement system which aims at the production of household consumption items that are not obtainable, readily available or affordable through other means including wage earning. These gardens supply supplements subsistence requirements and generate direct or indirect income (Ninez, 1984). **Methodology:** This study was conducted on mothers of school going children in selected areas of Nagpur city and non-probability convenience sampling technique was used. Research design was Quasi-experimental research design (one group pre-test and post-test design). Knowledge regarding Parasbag was assessed. **Result:** Findings of the study relieved that the overall post-test mean was 20.26 (67.53) with standard deviation 4.41 and respondent knowledge significantly higher than the overall mean pre-test knowledge score 13.16 (43.86) with standard deviation 3.52 and computed paired "t" value is 10.55 is higher than the table value 2.05 at $p < 0.05$ level. **Conclusion:** Hence information booklet on knowledge regarding Parasbag was effective and statistically significant. The study reveals that there is only significant association between income, rather than that there is no significant association between demographic variables with post-test knowledge score $p < 0.05$. Data was analyzed using descriptive and inferential statistics.

Keywords: Parasbag, mother of school going children, urban area, information booklet

1. Introduction

Food production around the household is an ancient form of cultivation. These areas commonly referred to as Kitchen gardens, backyard gardens or home gardens reveals much of the culture and history of people who practice them. Kitchen gardens have been documented to provide significant nutritional and economic benefits to the households for many years. They are places where crop production and knowledge and skills of the successive generations are learned.

The ever growing kitchen garden trend is hitting cities across the country with an increasing intensity. Here is how we can cultivate and relish our fruits and vegetables from our own green heaven. Kitchen garden is becoming affordable and we don't need huge plot of land to grow our own fruits and vegetables. We can use our balconies and even our window sill if we want to wake up to cherry, tomatoes, smiling at you.

2. Material and Methods

Problem Statement

"A study to assess the effectiveness of information booklet on knowledge regarding Parasbag among the mothers of school going children's in selected urban areas at Nagpur city".

Objective

- To assess the existing knowledge regarding Parasbag

among the mothers of school going children's in urban areas at Nagpur city.

- To assess the effectiveness of information booklet on knowledge regarding Parasbag among the mothers of school going children's in urban areas at Nagpur city.
- To associate the knowledge score of mother's with the demographic variables.

Hypothesis

- H_0 - There will be no significant difference between pre-test and post-test knowledge score regarding Parasbag among the mothers of school going children's in urban areas at Nagpur city.
- H_1 - There will be significant difference between pre-test and post-test knowledge score regarding Parasbag among the mothers of school going children's in urban areas at Nagpur city.

Research Design

Quasi-experimental research design (one group pre-test and post-test design).

Sample Size

Sample size 30 the mothers of school going children's in selected urban areas at Nagpur city. Selected for conducting the study Quasi-experimental research design (one group pre-test and post-test design) technique was used for selecting the samples.

Sample Technique

Non probability convenience sampling technique.

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Validation

In order to obtain content validity, the tool was given to 7 experts who includes one each from department of community health nursing, one each from department of child health nursing, one from psychiatric department, two from department of obstetrics and midwifery and two from department of Medical- Surgical nursing. Receiving opinion from the experts and consultations from the guide some modifications were done in framing the item and same were incorporated into the tool.

Reliability

The reliability was done by the test – retest method. So tool were reliable.

Data Collection Method

The data gathering process began from 10th October to 17th October. The investigator visited to selected community and obtained the necessary permission from the concerned authorities.

Online method used for main study data collection. The investigator introduced himself and informed them about the nature of the study so as to ensure better co-operation during the data collection.

The investigator approached the mother of school going children’s to relatives, and friends. Family member and explained the purposes of the study and explained how it will be beneficial for them. The investigator enquired their willingness to participated in the study and obtain consent from them, the investigator personally visited each house and made them comfortable and oriented to study and administered questionnaire to them. For main study, questionnaire administered through online method. Investigator instructed them not interact with other, doubts were clarified. Once the questionnaire complete, investigator collected them back each sample required mean time 30 mint complete the structured questionnaire. After the pre-test assess the knowledge regarding parasbag.

Post- test was administered with the same questionnaire on the 7th day. The collection of data was performed within the stipulated time. After the data gathering process the investigator thanked all the study samples as well as the authorities for their cooperation.

3. Result

The analysis and interpretation of the observations are given in the following section.

- **Section A:** Distribution of mothers of school going children’s regards to demographic variables.
- **Section B:** Existing knowledge regarding parasbag among the mothers of school going children’s.
- **Section C:** Effectiveness of information booklet on knowledge regarding parasbag among the mothers of school going children’s.
- **Section D:** Association of knowledge of mothers of school going children’s with selected demographic variables.

Section A: Distribution of community peoples with regards to demographic variables.

Table No. 1: Distribution of community people according to their demographic characteristics, N=30

Demographic Variable	Frequency	%
Age	Frequency	%
20-25 years	6	20%
26-30 years	15	50%
30-35 years	9	30%
Above35 year	0	0
Educational Qualification	Frequency	%
Primary	2	6.6%
Secondary	8	26.6%
Under graduate	16	53.3%
Post graduate	4	13.3%
Occupation	Frequency	%
Housewife	18	60%
Business	3	10%
Government servant	3	10%
Private sector	6	20%
Income		
10-30 Thousand	9	30%
30-60 thousand	16	53.3%
60-90 thousand	3	10%
Above 1lakh	3	6.6%
Residency	Frequency	%
Rented	3	10%
Own	18	60%
Quarter	3	10%
Flats	6	20%
Space availability	Frequency	%
Balcony	10	33.3%
Backyard	13	43.3%
Terrace	4	13.3%
None of above	3	10%

Section B: Existing knowledge regarding parasbag among the mothers of school going children’s.

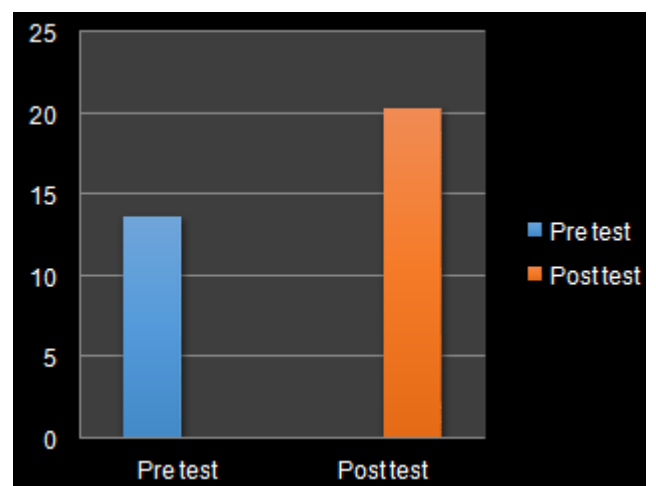


Figure 1: Bar diagram show that significant of asses the knowledge score in Pre-test and post-test of mother of school school going children knowledge regarding parasbag.

Section C: Analysis of Effective of Information Booklet on Knowledge Regarding Mother’s Of School Going Children’s

Information booklet regarding mothers of school going children’s was effective mean value of data highly increases

from pre-test (13.16) to post test (20.26)

Section D: Association of Knowledge Regarding Mother's Of School Going Children's With Selected Demographic Variables

Paired 't' test showed that the mean percentage for overall knowledge was pre-test (42.86%) and post-test (67.53%) with the t value of 10.55 which was significant at 0.05 level. X² analysis revealed that there was no significant association between the post-test knowledge of mothers of school going children's with their selected demographic variable such as age, gender, education, occupation, income, residency, space availability and previous source of information of parasbag.

4. Discussion

Present study was undertaken to assess the effectiveness of information booklet on knowledge regarding parasbag in urban areas of selected area at Nagpur district. The study shows that information booklet regarding parasbag as effective and there was no significant association between the post-test knowledge of community people with their selected demographic variable such as age, gender, education, occupation, income, residency space availability.

5. Acknowledgement

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