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Effectiveness of STP on Knowledge regarding Diarrhoea among Mother's of Under Five Children in Selected Area, Namakkal, Tamilnadu

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Abstract: ***Protecting the health and development of children is a long term contribution to the growth and development of the country as a whole. Diarrhoea is the second most common cause of morbidity and mortality among children under 5 years old worldwide, following acute respiratory tract infection. The research approach adopted for the study was quantitative research approach and one group pre test post test design. Conducted at MGR nagar, Kumarapalyam among 60 mothers of under five children were selected by non probability purposive sampling technique, The "t" value was computed to compare the pretest and posttest level of knowledge regarding diarrhoea among samples. The calculated "t" value 18.791 was highly significant than the table value 2.05 at 0.05 level of significance. So the researcher accepted the research hypothesis and rejected null hypothesis, so it was proved that there was significant relationship between pre and post test knowledge score. There was no association between pre - test and post test score of samples with selected demographic variables such as age of the child, religion, mother's education, mother's occupation, family income, type of family and mode of information. For the area of residency, the chi square value can't be computed due to all the sample values were constant i. e. they are residing a rural slum area. Implementing new methods to increase community's awareness and screening to detect the early symptoms of diarrhoea and its management would be a contributing factor to decrease the number of cases.***

Keywords: Underfive children, STP on diarrhea, Mothers of underfive children, Knowledge regarding Diarrhea

1. Introduction

Worldwide Diarrhoea is a leading cause of child mortality and morbidity in the world. It mostly results from contaminated food & water sources worldwide around one billion have no access to clean water & 2.5 billion have no access to basic sanitation. UNICEF defines under five mortality as the annual number of deaths of children age under 5 years, expressed as a rate per 1000 live births.

Diarrhoea is still a major killer of children under 5 although its toll has dropped by a third over the past decade, from 1.2 million decades in 2000 to 0.7 million in 2011. It now causes about 11% of child deaths worldwide, 90% of these deaths occurs in sub Saharan Africa and South Asia. The current estimates in under five children suggest that there are about 1.4 billion episodes of diarrhoea per year with 123 million clinic visits annually and 9 million hospitalizations worldwide, with a loss of 62 million disability adjusted life years.

According to WHO Guidelines for the management of diarrhoea; anti - diarrhoea, anti - amoebic and antibacterial have little role to play. Community Health education is the utmost importance for the effective case management, Mothers knowledge and children's health are correlated factors since the child is unable to carry out own daily activities. Mothers are the primary health care providers so that mother's knowledge regarding causes of diarrhea.

2. Review of Literature

The related literature of this study is organized and presented under following headings
Part I: Studies related to prevalence and risk factors of diarrhoea among under five children
Part II: Studies related to knowledge and practices on diarrhoeal management among mothers
Part II: Studies related to structured teaching programme diarrhoeal prevention and management

3. Methodology

Research approach: Quantitative Research Approach
Research Design: One group pretest and post test Design
Target Population: Mothers of Under five children
Accessible population: Mothers of under five children, MGR nagar, Kumarapalayam
Sampling Technique: Non probability Purposive sampling Technique.

3.1 Objectives of the Study

1) To assess the existing level of knowledge regarding diarrhoea among mother's of under five children through pre test
2) To administer the structured teaching programme on knowledge regarding diarrhoea to mother's of under five children
3) To assess the post test level of knowledge regarding diarrhoea among mother's of under five children after adminsitrtaion of structured teaching programme
4) To evaluate the effectiveness of structured teaching programme on knowledge regarding diarrhoea among mother's of under five children by post test.
5) To determine the association between pre - test & post - test knowledge score of mothers of under five children regarding diarrhoea with their selected demographic variables

3.2 Hypotheses

H1: There will be a significant gain in mean post - test knowledge scores of Mother's of under five children regarding knowledge of diarrhoea after attending structured teaching programme as compared to the mean pre - test knowledge scores.
H2: There is a significant association between the pre - test knowledge score and selected variables.
H3: There is a significant association between the post - test knowledge score and selected variable.

3.3 Sampling Criteria

Inclusion Criteria:
The study includes the

- Mother's who are having under five children
- Mothers of under five children who are willing to participate in the study.
- Mother's of under five children who are present at the time of data collection.
- Mother's of under five children who can able to read and write Telugu or English

Exclusion criteria:
The study excludes the

- Mother's of under five children who are not willing to participate in the study.
- Mothers of under five children who participated in the pilot study
- Mother's of under five children who are not available at the time of data collection.

3.4 Description of Tool

In this study the tool is divided into 3 parts.

- **Part I:** It consisted of demographic variables of mother's of under five children were age of the child, religion, mother's education, mother's occupation, family income, area of residency, type of family and mode of information.
- **Part II:** Structured questionnaire was used to assess the level of knowledge regarding diarrhoea among mother's of under five children. It consisted of 40 multiple choice questions.
- **Part III:** A structured teaching module contains the content regarding all aspects of diarrhoea that is definition, incidence, causes, signs and symptoms, management and prevention. All above mentioned content will be arranged in the format of lesson plan with the help of A. V aids [Charts, Flash cards, Power point presentation, and Live models etc. .,].

4. Results and Discussion

Characteristics of Sample:
As per the age of children i.e. 28 (46.7%) were belong to the age group of 0 - 1 Year, 18 (30%) were 2 - 3 Years and 14 (23.3%) were 4 - 5 years.

As per the religion 34 (56.7%) were Hindus, 7 (11.7%) were Muslims, 18 (30%) was Christians and 1 (1.7%) others.

Concerning the mothers education, 26 (43.3%) were primary education, 10 (16.7%) were secondary education, 15 (25%) were intermediate, 8 (13.3%) were graduated and 1 (1.7%) were post graduate.

Concerning the mothers occupation, 13 (21.7%) were housewives, 21 (35%) were coolies, 8 (13.3%) were Government Employees, 10 (16.7%) were private employees and 8 (13.3%) were self employed

Regarding income of the family, 29 (48.3%) were less belong to Rs 5, 001 to Rs 10, 000 category, 15 (25%) were belong to Rs 10, 001 to Rs 15, 000 category, 11 (18.3%) were belong to Rs 15, 001 to Rs 20, 000 category and 5 (8.4%) belong to Rs 20, 000 and above.

Regarding residence, all the samples i. e.60 (100%) was from rural area.

Regarding type of family, 33 (55%) samples were from nuclear family, 21 (25%) from Joint Family and 6 (10%) were from extended family.

On mode of information regarding diarrhoea, 48 (80%) were received knowledge from television, 3 (5%) were from radio, 6 (10%) were through newspapers and 3 (5%) through health care professionals**.**

Pretest and post test level of knowledge regarding diarrhoea among samples:
During pretest majority of the sample i.e. 44 (73.3 %) were having inadequate knowledge, 11 (18.3%) were having moderately adequate knowledge and 5 (8.3%) were having adequate knowledge.

During post test majority of the sample i.e. 59 (98.3 %) were having adequate knowledge, 1 (1.7%) were having moderately adequate knowledge and none of them were having inadequate knowledge

Mean and standard deviation of pretest and posttest level of knowledge regarding diarrhoea in experimental group
The data presented in Table 3 reveals that the pretest mean score of experimental group was 16.38 and for the post test mean score was 38.63.

The standard deviation for pretest was 9.084 and post test was 1.746.

Comparison of pretest and posttest level of knowledge regarding diarrhoea among samples
The "t" value was computed to compare the pretest and posttest level of knowledge regarding diarrhoea among samples.
The calculated "t" value 18.791 was highly significant than the table value 2.001 at 0.05 level of significance. So the researcher accepted the research hypothesis and rejected null hypothesis, so it was proved that there was significant relationship between pre and post test knowledge score.

Association between post test knowledge score of samples with selected demographic variables

There was no significant association between the pretest knowledge score among samples with selected demographic variables.

There was no significant association between the posttest knowledge score among samples with selected demographic variables.

For the area of residency, the chi square value can't be computed due to all the sample values were constant i. e. they are residing a rural slum area.

5. Conclusion

1) This study can be used as an informative illustration for staff nurses working in general medical and pediatric ward for providing awareness to the patients.
2) This study can be as informative illustration for community health nurses working in community for taking care of children with diarrhoea and create awareness regarding prevention and management of diarrhoea among parents and family members
3) This study brings to light the effectiveness of structured teaching programme on creating awareness
4) This study finding can also be utilized in other areas of hospital and communities for providing health education on diarrhoea.
5) Thus the nurses working in ward, day care center, community area, can make use of this intervention and stress on the health education on above aspect.
6) To improve the nursing care provided, the nurse administrator could use the findings of this study, as a basis for in service education for the nurses. The findings of the study can help the nurse administrator to formulate policies for care of diarrhoea patients

6. Future Scope and Recommendation

- A replication of the present study can be conducted with large sample.
- A comparative study can be conducted among the urban and rural mother's of under five children
- A comparative study can be under taken on structured teaching programme v_s Self Instructional Module on improving the knowledge level.
- A true experimental study can be conducted to know effectiveness of structure teaching programme on knowledge regarding diarrhoea.
- A Time series study can be conducted to check the knowledge level at regular intervals before and after structured teaching programme
- An experimental study can be conducted to assess the effectiveness of video shows on prevention of diarrhoea.
- An experimental study can be conducted to assess the effectiveness of structured teaching programme on knowledge and attitude regarding diarrhoea

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