A Study to Assess the Effectiveness of Video Assisted Teaching on Prevention of Accidents among Mothers of Infants at Selected Village in Visakhapatnam District Andhra Pradesh

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Abstract: <u>*Background*</u>*: Healthy children are real wealth of the Nation. During first months of life, child develops physically, mentally, emotionally and socially by exploring, experimenting with the things in the environment around them. Mothers help babies safely to explore their world by attending to and fixing aspects of baby's environment that are dangerous to them.* <u>*Objectives*</u>*: To assess the knowledge of mothers of infants on prevention of accidents, to develop and implement the videoassisted teaching, to determine the effectiveness of videoassistedteaching. To find out the association between post test knowledge scores with the selected demographic variables.* <u>*Methodology*</u>*: A quasi experimental study was conducted in 2012 in selected rural area of vizagdistrict, Andhra Pradesh, samples of 50 mothers aged 21-35 years were selected by using purposive sampling technique and a structured questionnaire tool was used for data collection.* <u>*Result*</u>*: The Mean post-test knowledge score (30.09) was higher than Mean pre-test knowledge score (19.46), The standard deviation of pre-test is 2.05 and that of post-test was 2.89, showed that there was a significant difference between pre-test and post-testknowledge scores.The findings showed that video assisted teaching is effective in prevention of accidents.*

Keywords: assess, effectiveness, video assisted teaching, knowledge, mothers, infants

1. Introduction

Healthy children are real wealth of the Nation. During the first months of life, child develops physically, mentally, emotionally and socially by exploring and experimenting with the things in the environment around them. Mothers help babies to safely explore their world by attending to and fixing aspects of babies' environments that may be dangerous for them. Accidents are a major cause of morbidity and mortality in children. An accident can be defined as an unexpected, unplanned occurrence of an event which usually produce unintended injury, death or property damage. Injuries cause almost 40% deaths among children and three times more deaths than the next leading cause, congenital anomalies. Accidents represent a major epidemic of non-communicable disease throughout the world.

Accidental death in children particularly during playing, while flying kites, fall from the terrace, injury from sharp objects, injury from fire crackers particularly during the festival seasons, improper use of electrically operated toys, sharp toys, scissors, knives, blades are common.

The most common childhood injuries are burns, one of the most common childhood accidental injuries. These include sunburns and burns caused by stoves, lamps, matches, lighted cigarettes, fireplaces, wood stoves, and hot liquid from a pan, cup, bath, or hot water heater. Head injuries caused primarily by falls from high chairs, beds, furniture, stairs, and play equipment and choking on food or foreign objects. Strangulation caused by strings, ties, ribbons, and cords on toys, clothing, and household appliances. Nose injuries caused by running into stationary objects, falling on a hard surface, or deflecting a flying toy. Items stuck in a nostril, like small stones, chewable vitamins, pebbles, and peas. Cuts and scratches caused by sharp fingernails, pets, sharp objects, and encounters with sticks and other pointed objects.

Based on the incidences observed, most common accidents are seen infants due to insufficient knowledge among mothers of infants regarding prevention of accidents. So the Researcher felt there is a need to provide information to mothers regarding prevention of accidents in infants through video assisted teaching. So that mothers will be aware of different kinds of accidents and take precautionary steps while taking care of their infants and develop health conscious regarding care of their children.

2. Review of Literature

The review of literature is defined as a broad, comprehensive in depth, systematic and critical review of scholarly publications, unpublished scholarly print materials, audio-visual materials and personal communications
In this study, the Information gathered and systematically organized as follows:
1) Review Literatures related to prevalence of accidents in infants
2) Review Literatures related to knowledge of Mothers of infants Regarding prevention of accidents
3) Review Literatures related to Effectiveness of Structured Teaching Programme regarding prevention of accidents.

2.1 Review Literatures related to prevalence of accidents in infants

H E Bedford, S M Jenkins, C Shore, P A Kenny (2004) conducted study regarding children's accidents and emergency department. To ascertain why parents, use an accident and emergency department for health care for their infants. The Prospective one-month study, the setting, emergency department of a children's hospital in the east end of London. The subjects are Parents of 159 infants aged < 9 months attending as self-referrals. The results are 152(96%) parents were interviewed, 43(28%) of whom were single parent and 68(45%) first time mothers. Presenting symptoms included diarrhoea or vomiting, or both (34, 22%), crying (21, 14%), and feeding difficulties (10, 7%). Respiratory or gastrointestinal infection was diagnosed in 70(46%) infants. Only 17(11%) infants were admitted; hospital follow up was arranged for 27(20%) infants not admitted. Most (141, 94%) parents were registered with a general practitioner; 146(27%) had contact with the community midwife and 135(89%) the health visitor. Most attendances were for problems more appropriately dealt with by primary care professionals owing to patients' perceptions of hospital and primary health care service.

2.2 Review Literature related to knowledge of mothers regarding prevention of accidents

Ibrahim H Al-Ayed (2010) conducted study on Mother's knowledge of child health matters. The material and methods are two-part questionnaire was distributed. Three-hundred-seventy-three questionnaires were completed. The mean score of the total sample was 25 (out of 40) and the minimum score obtained was 14, and the maximum 36. Fifty-eight percent scored 25 or more. No statistically significant correlation was evident between mothers' knowledge of child health related matters and level of education, age, or number of children. Mothers' knowledge of child health related matters is deficient. There should be proper effective practical means of disseminating information on child health matters among mothers in our community.

Naglaa Saad Abd El-Aty, Farag Mohammed Moftah, Hoda Diab Fahmy Ibrahim and Rabaa Hamed Hassane (2005) conducted study to assess Mothers knowledge and practice toward home accidents among children under six years and to determine the prevalence rate of home accidents among children under six years. The main results obtained from the study are most of mothers were in the age group 25 to less than 35 years and nearly all home had at least two potential environmental hazards. The present study revealed that the incidence of home accidents was (50.3%) . And shows about three-quarters (74.5%) of mothers had incomplete knowledge regarding home accidents among their children. According to mothers' practice in different types of home accidents the majority of mothers (93.2%, 92.7% respectively) would go to health facilities in case of scorpion stings and animal bites. The present study recommended health classes about causes of home accidents, first aid, prevention and safe housing condition for mothers.

2.3 Review Literature related to effectiveness of structured teaching regarding prevention of accidents in infants

Bauer G, Bossi L(2007) conducted study on impact of a respiratory disease prevention program in high- risk preterm infants Respiratory tract infections (RTI), especially those caused by Respiratory Syncytial Virus (RSV).To evaluate feasibility and results of a National Health Ministry pilot program for severe RTI prevention in high-risk infants. Seven high-risk follow-up clinics from the public healthcare system were selected for a prospective, multicentre study. Between May and September 2007, a pilot program comprising healthcare team training, parental education, RSV passive immune prophylaxis. The Results are 183 infants were incorporated, 5 were lost and 1 died from cardiac disease. Program implementation was feasible and readily accepted by healthcare teams. RTI hospital admissions rates, in general and RSV-related, were significatively lower than local previous studies.

2.4 Statement of problem

"A Study to Assess the Effectiveness of Video Assisted Teaching on Prevention of Accidents among Mothers of Infants at selected Rural area of Visakhapatnam District, Andhra Pradesh."

2.5 Objectives

1) To assess the knowledge of mothers of infants regarding prevention of accidents.
2) To develop and implement the video assisted teaching among mothers of infants regarding prevention of accidents.
3) To determine the effectiveness of video assisted teaching on knowledge of mothers of infants regarding prevention of accidents.
4) To find out the association between post-test knowledge score with their selected demographic variables.

2.6 Operational Definitions

1) **Assess**
   It refers to determine the effectiveness of video assisted teaching as devised by the researcher regarding prevention of accidents in infants.
2) **Effectiveness**
   In this study effectiveness refers to the significant gain in post test knowledge level as a result of video assisted teaching among mothers of infants regarding prevention of accidents.
3) **Video Assisted Teaching**
   It is a planned teaching intervention given to the mothers of infants regarding prevention of accidents like falls, burns, poisoning, drowning, aspiration of foreign objects, suffocation/choking, strangulation, motor vehicle injuries and glass related accidents with the help of video pictures in a selected community.
4) **Prevention of Accidents**
   It is a preventive measure taken by mothers of infants to avoid/ prevent unfortunate and life-threatening events such as falls, poisoning, burns, drowning, aspiration of

foreign objects, suffocation/choking, strangulation, motor vehicle injuries and glass related accidents in a selected community.

5) **Mother**
Women aged 21 – 35 years having live child in the age group of birth to one year residing in Saripalli village.

6) **Infant**
A child between the age group of birth to one year.

7) **Rural area**
Saripalli village at Pendurthi Mandal, Visakhapatnam district, Andhra Pradesh, selected for study.

3. Methodology

A quasi-experimental research study was conducted on 50 mothers of infants aged 21-35 years, available at the time of data collection, willing to participate, knows read and write Telugu language. The sample selected by using purposive sampling technique and study conducted in Saripalli village, Visakhapatnam district, Andhra Pradesh.Tool has been constructed for data collection. It consists of two sections,
Part - A - Demographic Data
Part - B - Structured Questionnaire

Part – A:
It consists of demographic characteristics of study sample such as, age of mother, religion, marital status, type of family, no of children, educational status, and occupation of family, income of family, age of infant and source of information.

Part – B:
Deals with the assessment of knowledge of mothers regarding prevention of accidents in infants.

The following areas were included in part B: Area 1: Questions related to knowledge regarding general view of accidents, falls, burns, poisoning, drowning, aspiration of foreign objects, choking, strangulation, motor vehicle accidents and glass related accidents. Area 2: Questions related to knowledge regarding prevention of accidents such as falls, burns, poisoning, drowning, aspiration of foreign objects, choking, strangulation, motor vehicle accidents and glass related accidents.

The number of questions allotted for each area is as follows: area one comprises 50% and area two comprises 50%.Ethical approval was taken from ethical committee of Sarpanch of Saripalli village, Visakhapatnam district, Andhra Pradesh. Informed consent taken from the study samples.

4. Results

Table 1: Frequency and percentage distribution of demographic variables on knowledge of mothers of infants regarding prevention of accidents, N =50

S. No	Demographic variables	Frequency	Percentage
1	**Age of mother**		
	a. 21-25 years	50	100%
	b. 26- 30 years	-	-
	c. 31- 35 years	-	-
2	**Religion**		
	a. Hindu	50	100%
	b. Muslim	-	-
	c. Christian	-	-
	d. Any other	-	-
3	**Marital status**		
	a. Married women	41	82%
	b. Widow	5	10%
	c. Divorced	4	8%
4	**Type of family**		
	a. Nuclear family	9	18%
	b. joint family	41	82%
	c. Extended family	-	-
	d. Any other	-	-
5	**Educational status**		
	a. Primary education	27	54%
	b. Secondary education	18	36%
	c. Intermediate	5	10%
	d. Graduate	-	-
	e. Above graduation	-	-
6	**Occupation**		
	a. Professional	-	-
	b. Managerial	-	-
	c. Technical	-	-
	d. Clerical	-	-
	e. Business	-	-
	f. Labourer	5	10%
	g. House wife	45	90%
7	**Income of the family**		
	a. < Rs 2000/- per month	25	50%
	b. Rs 2001 -3000/- per month	14	28%
	c. Rs 3001 – 4000/- per month	4	8%
	d. > Rs 4001/- per month	7	14%
8	**Age of the infant**		
	a. 0-3 months	23	46%
	b. 4-6 months	8	16%
	c. 7-9 months	5	10%
	d. 10-12 months	14	28%
9	**Source of information**		
	a. Family members	45	90%
	b. Peer group	3	6%
	c. Multi media	2	4%
	d. Others	-	-

Interpretation
With regard to age of mother, majority of the mothers 50(100%) were between 21-25 years and no mother is in between 26-30 years and 31-35 years.

Regarding religion, majority of the mothers 50 (100%) were Hindu, and no mother belongs to other religions like Muslim, Christian and any other.

In relation to marital status, majority of the mothers 41(82%) of mothers are married 5 (10%) were widows and 4 (8%) were divorced.

With regard to family type, majority of mothers 41(82 %) belongs to joint family and 9(18%) belongs to nuclear family.

In relation to number of children, majority of mothers are having one child 26(52%), 23(46%) mothers are having two children and 1 (2%) mother had more than two children.

Pertaining to education, majority of the mothers 27(54%) were completed primary education, 18(36%) mothers completed secondary education and 5(10%) mothers completed intermediate education.

With respect to occupation, majority of mothers 45(90%) were house wives and 5(10%) mothers were labour.

Considering the monthly income of the family, 25(50%) majority of mothers belongs to < 2000 Rs income per month, 14(28%) mothers belong to 2001 -3000Rs income per month, 7(14%) mothers belong to > 4001Rs income per month and 4(8%) mothers belongs to 3001- 4000 Rs income per month.

With regard to age of infants, 23(46%) majority of mothers are having 0-3 months baby, 14(28%) mothers are having 10- 12 months baby. 8(16%) mothers are having 4-6 months baby and 5(10%) mothers are having 7-9 months baby.

Pertaining to source of information, 45 (90%) majority of mothers received the source of information from family members, 3(6%) mothers received the source of information from peer group and 2 (4%) mothers received the source of information from multimedia.

Section B
This section deals with the pre-test and post-test knowledge scores of the mothers of infants as assessed in response to structured questionnaire.

Table 2: Frequency and percentage distribution of mother'spre-test knowledge score according to knowledge level, N=50

S.no	Level of Knowledge	Scoring Category	Frequency	Percentage
1	Inadequate	≤ 50%	50	100%
2	Moderate	51- 75 %	0	0%
3	Adequate	>75%	0	0%

Table 2 Depicts that 100% mothers had inadequate pre-test knowledgescore on infant accidents and prevention of accidents.

Table 3: Frequency and percentage distribution of mother's post-test knowledge score according to the knowledge level

S.No	Level of knowledge	Scoring	Frequency	Percentage
1	Inadequate	≤ 50%	0	0
2	Moderate	51-75%	41	82%
3	Adequate	>75%	9	18%

Table 3 Depicts that more than half (82%) of the mothers had moderate knowledge and 18% of mothers had adequate knowledge on accidents and prevention of accidents in infants.

Section C
This part deals with comparison of pre-test and post-test knowledge score of mothers of infants and item wise analysis of pre and post-test knowledge scores.

Comparison of the pre and post-test knowledge scores regarding prevention of accidents among infants, **N = 50**

S. No	Level of knowledge	Scoring	Pre-test		Post test	
			Frequency	Percentage	Frequency	Percentage
1	Inadequate	≤ 50%	50	100%	0	0
2	moderate	51-75%	0	0	41	82%
3	Adequate	>75%	0	0	9	18%

Table 4 shows that level of knowledge among mothers of infants on accidents and prevention of accidents in infants in pre-test revealed that 50 (100%) mothers had only inadequate knowledge and shows the level of knowledge among mothers of infants on accidents and prevention in post test revealed that, majority 41 (82%) of mothers had moderate knowledge and 9(18%) mothers had adequate knowledge .
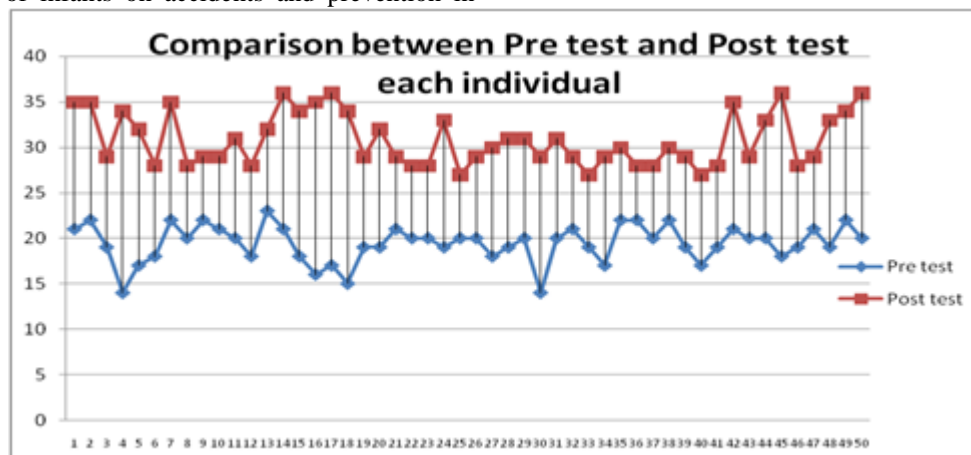
Figure 12: Item wise comparison of frequency and percentage distribution of pre-test and post-test knowledge Scores of mothers of infants
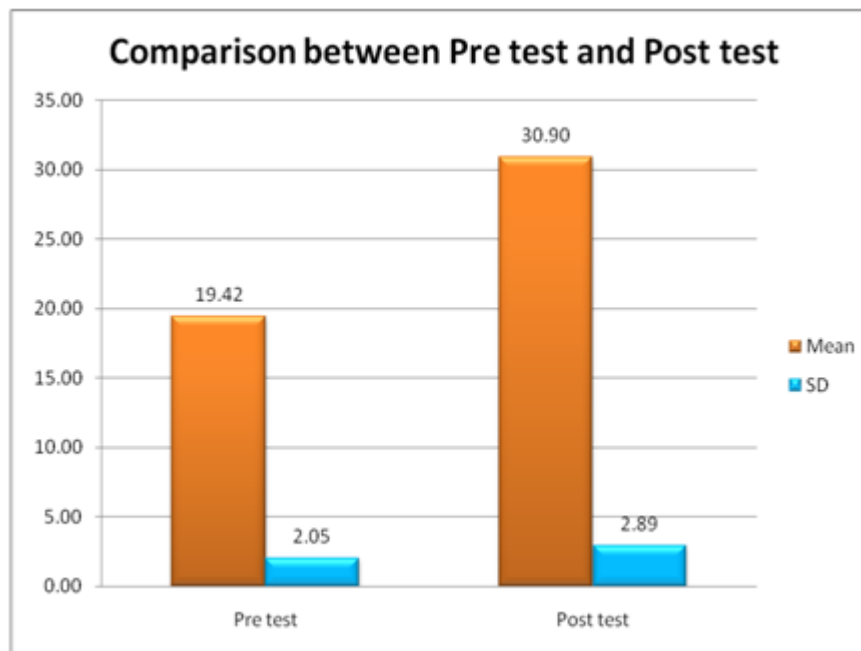
Figure 13: Comparison of mean and standard deviation of pre-test and post-test knowledge scores of mothers of infants

Table 7: Evaluate the effectiveness of video assisted teaching regarding prevention of accidents among mothers of infants
N=50

Aspects	Score	Mean	Standard deviation	Paired mean differences	Paired t value	Table value	Df	P Value
Pre-test	46	19.4	2.05	11.5	22.3	1.717	49	0.0000
Post-test	46	30.9	2.89					

Interpretation
The stated Hypothesis is there is a significant improvement in knowledge of mothers of infants regarding prevention of accidents. Data in table 7 Illustrates that the Mean post-test knowledge score (30.09) was higher than Mean pre-test knowledge score (19.46), showed that there was a significant difference between pre-test and post-test knowledge scores. This is shown in fig 12.

The standard deviation of pre-test is 2.05 and standard deviation of post-test was 2.89, showed that there was a significant difference between pre-test and post-test knowledge scores. This is shown in fig 12.

The overall paired computed 't' value was 22.3 greater than the table value, which statistically significant at p< 0.01 level.The above result revealed that there is a significant difference between pre-testand post-test knowledge of mothers of infants after video assisted teaching programme.

Hence hypothesis was accepted. This indicates that the video assisted teaching programme was effective in improving the knowledge of mothers regarding prevention of accidents among infants.

The fourth objective used to find out the association between post test knowledge scores with selected demographic variables.

Table 8 shows that association of demographic variables with level of knowledge is determined by using chi-square (X2) test

With regard to marital status, chi square obtained value is (3.10) and table value is (5.991), which shows that chi-square calculated value is less than the table value which was not significant at 0.05 level. Hence the null hypothesis is accepted and inferred that there was no significant association between knowledge level and marital status.

With respect to family type, chisquare obtained value is (0.35) and tabulated value is (3.841), which shows that chi-square calculated value is less than the table value which was not significant at 0.05 level. Hence the null hypothesis is accepted and inferred that there was no significant association between knowledge level and family type.

In relation to number of children, chi-square obtained value is(0.03) and tabulated value is(3.841), which shows that chisquare calculated value is less than the table value which was not significant at 0.05 level. Hence the null hypothesis is accepted and inferred that there was no significant association between knowledge level and numberof children.

Regarding education, chi square obtained value is (7.87) and tabulated value is 5.991, which shows that chisquare calculated value is more than the table value, which was significant at 0.05 level. Hence null hypothesis is rejected and H2 hypothesis is accepted and inferred that there is significant association between knowledge and education status, with regard to occupation, chisquares obtained value is (0.02) and tabulated value is (3.841), which shows that chisquare calculated value is less than the table value, which was not significant at 0.05 level. Hence the null hypothesis is accepted and inferred that there was no significant association between knowledge level and occupation.

Regarding family income, chisquares obtained value is (2.07) and tabulated value is (7.815) , which shows that chisquare calculated value is less than the table value , which was not significant at 0.05 level. Hence the null hypothesis is accepted and inferred that there was no significant association between knowledge level and income of family.

In relation to the age of the infant, chi-squares obtained value is 3.50 and tabulated value is 7.815, which shows that chi-square calculated value is less than the table value, which was not significant at 0.05 level. Hence the null hypothesis is accepted and inferred that there was no significant association between knowledge level and age of the infant.

With regard to source of information, chi-square obtained value is 1.22 and tabulated value is 5.991, which was not significant at 0.05 level. Hence the null hypothesis is accepted and inferred that there was no significant association between knowledge level and source of information.

5. Conclusion

The following conclusions were drawn on the basis of the findings:

The findings of the study revealed that the demographic variables of mothers of infants based on the marital status. Out of 50 mothers of infants, 41 (82%) mothers are married, 5 (10%) mothers are widows and 4(8%) mothers are divorced. Out of 50 mothers of infants, 41(82%) mothers belong to joint family and 9 (18%) mothers belong to nuclear family. Out of 50 mothers of infants, 26(52%) mothers are having one child, 23 (46%) mothers are having two children and 1(2%) mother had more than two children.

Out of mothers of infants, 27 (54%) mothers completed primary education, 18 (36%) mothers completed secondary education and 5(10%) mothers completed intermediate. Out of 50 mothers of infants, 45(90%) mothers were housewives and 5(10%) mothers working as labourers. Out of 50 mothers of infants, 25(50%) mothers belong to < 2000 Rs income per month, 14(28%) mothers belong to 2001 - 3000Rs income per month ,4(8%) mothers belong to 3001- 4000 Rs income per month and 7(14%) mothers belong to > 4001Rs income per month.

Out of 50 mothers of infants, 23(46%) mothers having 0-3 months baby, 8(16%) mothers having 4-6 months baby, 5(10%) mothers having 7-9 months baby and 14(28%) mothers are having 10- 12 months baby. Out of 50 mothers of infants, 45 (90%) mothers received the source of information from family members, 3(6%) mothers received the source of information from peer group and 2 (4%) mothers received the source of information from multimedia.

The comparison of pre-test knowledge score with the post-test knowledge score reveals that an increase of knowledge in post-test. The pre-test knowledge scores 50(100%) mothers had inadequate knowledge. The post-test knowledge scores 41 (82%) mothers had moderate knowledge and 9(22 %) mothers had adequate knowledge. The analysis of the differences in knowledge of mothers of infants in pre-test and post test revealedthat therewas highsignificant difference11.5 between pre and post test score of overall knowledge on prevention of accidents, there by supporting the stated hypothesis that VAT is effective in improving knowledge on prevention of accidents among mothers of infants.

The demographic variables like marital status, type of family, number of children, occupation, income of the family, age of the infant and source of information have no significant association with post-test knowledge scores regarding prevention of accidents among mothers of infants. The variable education had significant association with post-test knowledge score, showed that there were statistically significant at $p<0.05$. Then the null hypothesis is rejected and H2 hypothesis is accepted.

6. Future Scope

Nursing implications
The finding of the study has valuable implications towards nursing education, nursing practice, nursing administration and nursing research.

Nursing Education
Nursing education can modify the behaviour and bring changes in life. Nursing education should prepare nurses for imparting health information effectively, efficiently to the people of community. Nursing would be required to do more in depth, client education on self-care practices. The nursing curriculum should include more hours of childhood accidents, their causes, prevention and management. The student nurses must be prepared with innovative methods. It helps to uphold the interest of the public and to become an effective community health nurse.

Nursing Practice
The major implication of this study for nursing practice is that nurses need to be aware of the mother's awareness about the infant accidents and practices. The nurses in practice setting caring for children and parents need to be prepared, to discuss the common accidents among infants. She can reinforce the good practices and discourage the practices that are unhealthy and deteriorate the health of the infant. The role of the nurse is to create awareness among the mothers on how to prevent accidents and provide immediate care in case of any accident that takes place at home. Nursing practice optimally enables the client to examine what is known and make choices that best suit their personal needs and life styles.

Nursing Administration
Nurse administrator can influence the quality of nursing care in the community, nursing homes and clinics. Nurse administrator should take interest in providing a wide information of causes and management of accidents among infants. Nurse administrator should plan to organize health and educational programs in the community, so that information can be imparted through small and large groups. Teaching and distribution of booklets with relevant pictures

and written instructions with common accidents is essential. Planning and organization of such work requires efficient team work, planning for man power, money, material and time to conduct successful educational program.

Nursing Research

Accidents are non-communicable and preventable and therefore, the research should be focused on the knowledge, attitude and practices of mothers regarding prevention of accidents. More studies need to be undertaken regarding infant accidents. Especially on parental awareness, practices in its management and prevention need to be focused as accidents are in increase. This will improve the quality of life of infants and reduce morbidity and mortality of infants in the long run. The research findings would help to enlarge the knowledge of nurses and to focus on evidenced based practice.

7. Recommendations

1) A comparative study can be done between Rural and Urban communities regarding prevention of accidents among infants.
2) A similar study can be done between toddler and school going child
3) A quantitative study on knowledge, attitudes and practices of parents regarding prevention of accidents.
4) A similar study can be conducted at different settings.
5) A similar study can be conducted with larger sample.
6) A comparative study can be conducted to examine the relationship between knowledge and practices of mothers regarding prevention of accidents among infants.

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