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A Pre - Experimental Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge regarding Home Based Management of Selected Common Illnesses during Pandemic among Mothers of under Five Children Residing in Selected Rural Area of District Mohali, Punjab (2022)

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"Wellness is cheaper than illness. It costs us time and money children get sick. "

- Thomas Carper

1. Introduction

A kid is valuable not exclusively to the guardians, family, local area, and nation but also to the world. The youngster is a resident of the World; in this way, it turns into the obligation of the vast populace of the entire universe to take care of the interest of kids everywhere. Youngsters are the resources of our country.[1]Young children are leaned to severe respiratory diseases and minor and enormous illnesses. Around three - fourths of the children are considered awful and getting by with impedance of physical and academic capacities in view of persistent feeble status.[2]

As per WHO, child well - being incorporates the decrease of experience growing up mortality, decrease in occurrence and gravity of disorders and medical issues that influence youngsters, and working on the development and advancement of youngsters during their most memorable year of life. Under five youngsters, comprise an enormous gathering as well as a defenseless or vulnerable group. Exposure is associated with development, advancement, and endurance. The initial five years are loaded with wellbeing risks. Since they are a high - risk group, under - five kids are presented with numerous ecological elements prompting sicknesses in youngsters, the two significant infective diseases in kids are respiratory infection and diarrhea.[3]

Common illnesses are generally defined as conditions that will determine on their, own and can be sensibly self - analyzed. Experiencing normal diseases is the most continuous episode of young life experience. The normal diseases of under - five youngsters are fever, loose bowels, upper respiratory infection (sore throat, cold) [4]

Fever or pyrexia is the height of internal heat level better than average, i. e 37 ^{0} C or 98.4^{0} F. It is exceptionally considered a normal medical condition in children. It is a side effect connected with intense respiratory contamination and illness conditions. Fever might be an indication of irresistible and non - irresistible problems that happens ordinarily in youngsters and makes their parents unduly stressed and alarm as they saw it as a risk.[5]

Acute respiratory tract infection is one of the major causes of childhood death. Upper respiratory infection or intense respiratory disease might be characterized as an ailment brought about by intense contamination, which includes the upper respiratory lot, including the nose, sinuses, pharynx, or larynx. This normally incorporates nasal check, sore throat, tonsillitis, pharyngitis, sinusitis, otitis media, and the normal virus. In youngsters common cold and nasal blockage is generally found.[6]
An irritated throat otherwise called Pharyngitis is regularly a side effect of bacterial or viral contamination, like a normal virus. They are more normal among kids. This is on the grounds that youngsters have not developed resistance against large numbers of infections and microbes that can cause sore throats. A cold is a general term used for a gentle viral disease of the nose, throat sinuses, and upper aviation routes. It is a self - restricting disease, and that implies it gets better without help from anyone else with the assistance of home administration. A cough is a reflex activity to get your aviation route free from bodily fluid and aggravations like residue and smoke. Cough has a respiratory contamination brought about by an infection, for example, the normal cold, influenza or bronchitis.[7]

Diarrhea is characterized as the passing of loose, fluid, or watery stools, more than three times each day.8In India, diarrheal illness is a significant general medical condition among children younger than 5 years well - being establishments up to 33% of complete pediatric admission are because of diarrheal sicknesses and up to 17 % of all passing in indoor pediatric patients is loose bowels related.9

Diarrheal infections are one of the main causes of under - five youngsters' death and illness.[10] Despite the fact that the passing's among under five years youngsters have declined, the corresponding mortality accounted for by diarrheal illnesses actually stays high. Diarrhea is the third most common reason for death in less than five youngsters, liable for 13 % passing's in this age group, killing an expected 300, 000 kids in India every year.[11]

Mothers should have to know about ordinary hand washing and lessening openness to indoor smoke is additionally significant in forestalling intense respiratory contamination. Mothers have the option to decrease intense respiratory infection and diarrhea, dehydration, and fever through total breastfeeding for the initial a half year of life, vitamin A supplementation and complete vaccination particularly measles. A youngster with any of these peril signs should be taken to a wellbeing facility or to a prepared wellbeing specialist right away.[12]

Home remedies or cures are regular fixes or prescriptions made at home from regular fixings like organic products, vegetables, and spices and stand out because of their tendency to fix straightforward, with no aftereffects, no synthetics, modest, and the joy of having the option to fix. In home - based cures, the thought is to utilize the synthetic compounds normally present in the spices, flavors, and different food varieties to handle the culpable unfamiliar component in the body that is causing the aggravation or contamination as opposed to flushing the body with many milligrams of solid synthetic compounds as anti - microbials.1[0] Give your youngster invulnerability supporting eating routine by adding amla, turmeric milk, garlic, yogurt, green verdant, citrus organic products, seeds and nuts for building and reinforce your kid's insusceptibility.

Interventions conveyed at home are normally adequate to alleviate minor distress and facilitates respiratory endeavors. Warm or cool damp is a typical helpful measure for suggestive alleviation of respiratory uneasiness and furthermore the board of respiratory discharges in little children. Anticipation of the spread of disease is vital in less than five youngsters; cautious hand washing is done while really focusing on kids with respiratory contaminations. Under five kids with respiratory contamination is crabby and challenging to comfort hence, the family needs backing, consolation, and reasonable ideas concerning solace measures and administration of the drug.[14]

2. Need of the study

Presently, the world is facing corona virus pandemic. There is only limited information about the guidelines and safety measures to minimize the spread of the disease. The Government of India has started the vaccination drive against this virus but it does not include the children in it because they haven't done trial on children. So, children are more vulnerable to get affected and their immune system is not matured enough. They were easily get infected with any infection. At this time of pandemic, the parents were found more helpless to take their children to hospital because of risk and fear of getting infection of COVID- 19 virus.7

Statement of the problem

A pre - experimental study to assess the effectiveness of structured teaching programme on knowledge regarding home based management of selected common illnesses during pandemic among mothers of under five children residing in selected rural area of Distt. Mohali, Punjab

Objectives

- To assess the pre - test level of knowledge regarding home based management of selected common illnesses during pandemic among mothers of under five children.
- To develop and administer structured teaching programme regarding home based management of selected common illnesses during pandemic among mothers of under five children.
- To assess the post - test level of knowledge regarding home based management of selected common illnesses during pandemic among mothers of under five children.
- To determine the association of pre - test and post - test knowledge scores regarding home based management among mothers of under five children with selected socio - demographic variables.
- To evaluate the effectiveness of structured teaching programme regarding home based management of selected common illnesses during pandemic among mothers of under five children.

Operational Definition

Assess, Knowledge, Effectiveness, **Structured teaching programme, Common Illnesses**, **Mothers**, **Home management**, **Pandemic**

Hypothesis

- **H1:** There will be significance increase in the knowledge of mothers regarding home management of selected illnesses during pandemic in under five children as measured by structured questionnaire at 0.05 level of significance.
- **H2:** There will be significance difference between pretest and posttest level of knowledge in mothers of under five children regarding home management of selected illnesses during pandemic.

Delimitation

The study was delimited to mothers who were:

- Having 0 - 5 years children.
- Present at the time of data collection.
- Willing to participate in the study.

Research Variables

Socio - Demographic Variables - In the study, age, gender, class, religion, type of family, mother's education, mother's occupation, family income, area of residence, any information and source of information regarding common illnesses and its home based management.

Dependent Variables – Knowledge of mothers of under five years of age.

Independent Variables– Structured Teaching Programme regarding home based management of common illness

3. Review of Literature

The literature was reviewed on different aspects of the study and has been organized under the following main headings.

Part 1: Literature related to the knowledge of mothers regarding home management of fever among under five children.
Part 2: Literature related to the knowledge of mothers regarding home management of diarrhea among under five children.
Part 3: Literature related to the knowledge of mothers regarding home management of upper respiratory tract infection among under five children.
Part 4: Literature related to knowledge of mothers regarding home management of selected common illnesses.

Part 1: Review of literature related to knowledge of mothers regarding home management of fever among under five children.

Jamir, Imrongnungla et. al. (2021) conducted a study to assess the knowledge, attitude and practice of mothers regarding management of fever for children 0 - 14 years of age, in a secondary hospital, Christian Institute of health sciences and research, (CIHSR) in North East India. A total of 60 subjects participated, using total enumerative sampling technique. The tool used for the study was a self - structured validated questionnaire. Data was analyzed and interpreted using descriptive statistical method. The mothers had an uplifting outlook towards the executives of fever with 78.40% yet their insight level was exceptionally poor (20%) and their practice level was 22% separately. The review inferred that the greater part of the parental figures had unfortunate information and practice connected with childhood fever.[30]

Sharma, Priya et. al. (2020) conducted a study to assess the act of mothers on home administration of fever among under - five kids in chosen areas of Dadra and Nagar Haveli. A quantitative exploration strategy was chosen. An engaging examination configuration was embraced. The samples were 50 mothers of under five kids which were chosen by utilizing a non - probability purposive examining strategy. The outcomes showed that just 35.3 % of the mothers were having great practice in home administration of fever and 64.7 % of the moms were having unfortunate practice in home administration of fever. The review portrayed that wellbeing mindfulness programs should be given to mothers of under five kids in chosen area of Dadra and Nagar Haveli.[13]

Thomas, Allana et. al. (2020) conducted a quantitative report to evaluate the information in regards to home remedies of viral fever among mothers in chosen local areas of Kollam, Kerala to figure out the relationship between chosen segment factors. The examples of 30 moms were chosen by the comfort examining method. The apparatuses utilized for information assortments were segment factors and organized information surveys. The graphic and inferential measurements were utilized for investigation. The significant discoveries of the review showed that out of 30 mothers, 10% had great information, 80% had normal information and 10% had unfortunate information. By utilizing the chi - square test, the current review showed a critical relationship between information and chosen segment factors.[32]

Ganguly, Enakshi et. al. (2018) conducted a cross sectional study on fever awareness, management and practices among parents of under five children in Hyderabad. The samples for this study were 100 parents which were selected randomly and interviewed using a predesigned tool consisting of socio - demographic variables and questionnaire. The study result showed that 95% parents were aware about correct temperature above which fever became harmful and it showed fair awareness about childhood fever among parents of children aged 0 - 5 years in an urban community. The researcher found an association between working parents and incorrect childhood fever management practices. The study illustrated that, increased awareness for correct fever management of under - five children is desirable among urban parents to reduce misuse of antibiotics and antipyretics. In study an inverse correlation found between poor knowledge of available pediatric antipyretics and poor parental fever management practices.[31]

Prakash, M. et. al. (2017) conducted a study to assess the mothers' knowledge and effectiveness of health education on mothers' knowledge regarding management of children suffering from pyrexia. Data was collected from the mothers at pediatric ward, Krishna Hospital and Medical Research Center, Karad, Maharashtra. The study design was one group pre - test, post - test design. Samples of 40 mothers of children suffering from pyrexia were selected by non - probability purposive sampling technique. Descriptive and inferential statistics were used for analysis. The study revealed that 11.2 was the mean pre - test value and 20.8 was the mean post - test value. The paired t - test value was 11.097, ($p<0.0001$) showing a significant gain in the mothers knowledge. The study proved that the health education regarding management of children suffering from pyrexia was effective in improving the knowledge of mothers to manage children suffering from pyrexia effectively.[5]

Pillai, Sangeetha (2013) conducted a study to assess effectiveness of planned teaching programme on knowledge regarding febricidal measures in children among mothers at Jabalpur District (Madhya Pradesh). Quasi experimental study with 60 samples, one group pretest posttest design was used. Data was analyzed based on the objectives and hypotheses by descriptive and inferential statistics. Findings of the study shows that the pretest mean knowledge score (6.25) and post - test mean knowledge score (16.65) and is significant at $P<0.05$ %. The study results showed that there has been an increase in the knowledge level of mothers of children between the age of 0 – 5 years regarding the febricidal measures after administration of planned teaching program.2[6]

Part 2: Review of literature related to knowledge of mothers regarding home management of diarrhea among under five children

Qureshi, Firoz (2018) conducted a pre - experimental study to survey the viability of arranged showing program on the information with respect to counteraction and management of diarrhea among mothers of under - five children in chosen local area regions at Moradabad. A quantitative exploration approach was utilized and 60 examples were chosen by utilizing a helpful inspecting procedure. Results showed that in the pre - test, 30 % of mothers had satisfactory information, 56.66 % of mothers had moderate information and 13.33 % of mothers had deficient information. In the post - test results, 83 % of mothers had sufficient information, and 16 % of moms had moderate information. The review uncovered that there was expansion in information on moms in the wake of giving an organized showing plan with respect to anticipation and the executives of diarrhea.[33]

Mr. Muniyandi. S, et al (2018) conducted a descriptive study to evaluate the information with respect to prevention and management of diarrhea among mothers of under - five youngsters in chosen clinics of Mehsana District (Gujarat). A quantitative methodology with a non - exploratory review configuration was utilized, the example for the review was 100 moms chosen by utilizing a non - likelihood helpful inspecting procedure. Information was gathered in regards to the segment factors and their degree of information on anticipation and the management of diarrhea. a structured questionnaire was utilized and information was investigated by descriptive statistics. In the examination study, 16 % of mothers had unfortunate information, 74 % of mothers had normal information, and 10 % of mothers had great information.[8]

Kaushal, Patidar (2017) conducted a study to assess the effectiveness of the planned teaching programme on information in regards to prevention of diarrhea among the mothers of under - five year children in Kherva Village, Mehsana District (Gujarat). The information was gathered from 50 mothers of under - five youngsters by purposive sampling procedures with the utilization of an organized poll and one gathering pre - test, and the post - test configuration was utilized. Findings revealed that the pre - test level information score was 26.16% whereas in the post - test score was 61.43%. There was a profoundly massive contrast found between pre - test and post - test information scores and there was no critical affiliation found between information scores and segment factors. The review portrays that arranged showing program was successful in working on the information on mothers in regards to avoidance of loose bowels.[34]

Avasthi, D. Rishi (2016) conducted an evaluative study to assess the effectiveness of an organized teaching program with respect to diarrhea among the mothers of selected areas of Jaipur. Pre - test and post - test research designs were utilized. The primary point was to assess the viability of STP and the relationship between segment factors. The subjects were 30 moms chosen by purposive examining procedure. The investigations showed that mothers pre - test mean, information was 16.86 (56.20%) and after intercession mothers' post - test mean information was 24.67 (82.22%), which demonstrated, that the post - test information score was higher than the pre - test information score. The study concluded that structured teaching programme was effective in increasing the knowledge score among mothers. There was significant association between two selected demographic variables; occupation and total number of children with pre - test knowledge score.[35]

Jentcy, M. Pearls (2016) conducted a study to assess the effectiveness of structured teaching programme on knowledge regarding diarrhea among mothers with under five children. Quasi - experimental study method, purposive sampling technique used. The result addresses the pre - test information on mothers, in regards to Diarrhea, in that 63.3 % of mothers were having decently sufficient information and 36.7 % of mothers were having deficient information. The post - test information on moms in regards to loose bowels, in that 70 % of mothers were having sufficient information and 30 % of mothers were having respectably satisfactory information the acquired 'p' esteem was 14.6 which was huge at $p < 0.05$ level. The review outlined that the information score had a measurable huge relationship with the age of the child.[36]

Gogoi, Nirmali (2016) conducted a study to assess the effectiveness of self - instructional module on home management of diarrhea among mothers of under five children in selected hospitals at Bangalore. A pre - experimental and evaluative research approach was used with one group pre - test and post - test design.40 samples of mothers selected by purposive sampling technique. Results showed the general mean information score of pre - test and post - test, which uncovers that the post - test mean information score was higher (72.6 %) with standard deviation ± 10.2 % when contrasted and pre - test mean information score esteem which was (46.8 %) with standard deviation ± 17.3 %. The measurable matched't' test suggests that the distinction in the pre - test and post - test information score was seen as genuinely huge at the 5 % level. The post - test mean information distinction was 25.8 % with a matched't' worth of 15.69. The review uncovered that moms' information in regards to home administration of looseness of the bowels was the most significant preventable part of diarrhea.[37]

Part 3: Review of literature related to knowledge of mothers regarding home management of URTI, ARI, among under five children

Joshi, Priyanka (2022) conducted an exploratory study on home remedies used by the mothers of under five children in the management of upper respiratory tract infection in selected rural areas of Haldwani (Uttarakhand). The sample of 75 mothers was utilized and chosen by purposive sampling strategy. The instruments utilized for information assortment were segment factors, semi - organized survey, and agenda. Engaging insights were utilized to examine the information. The outcome showed that out of 75 mothers, 90.6 % (68) had information about the utilization of home cures from their relatives, 36% (27) referenced that they were utilizing ginger, honey, dark pepper for their youngsters while 28% (21) mothers were utilizing milk with turmeric powder for their kids. The vast majority of the moms, 78% (58) saw improvement in their youngsters as they began the organization of home cure/cures while 22%

(17) mothers didn't. The majority of the mothers, 18.6% (14) informed that home cures were effectively accessible at home and 18.6% (14) of mothers tracked down the beneficial outcomes of home cures during the experience. The review finds showed that home cures were tracked down compelling in treating upper respiratory infection in less than five youngsters at home.[38]

Teena, Kavungal (2021) conducted a descriptive study to assess the knowledge and effectiveness of structured teaching programme regarding the acute respiratory tract infection among mothers of under five children in a selected hospital at Kollam district.30 samples were selected by purposive sampling technique and data was collected using demographic variables and structured knowledge questionnaire. The data was analyzed using descriptive and inferential statistics. The review discoveries uncovered that in the pre - test 20% had normal information and 80% had unfortunate information. After the organized showing program in the post - test 93.33% had great information, and 6.67% had normal information. The determined matched "t" test esteem was 19 and the table "t" esteem was 2.05. Consequently, the examination speculation was acknowledged. There was no huge relationship between the pre - test information score and chose segment factors ($\chi 2$ >0.05). In this review, the organized showing program on intense respiratory parcel disease was viewed as successful among mothers of under - five youngsters.[39]

Percis, S. (2020) conducted a cross sectional study to assess the effectiveness of home remedies for common cold among the mothers of under five children in selected rural areas of Surat (Gujarat). The study was a quantitative approach and the samples of 60 mothers were selected by non - probability purposive sampling technique. Data was collected using standardized survey tool from the mothers of under five children and analyzed using descriptive statistics. The review discoveries showed that a greater part (66.78%) were not practicing home solutions for the common cold and just (33.22%) mothers of under - five kids were practicing home cures furthermore the practices for common cold were trailed by the management of common cold 87.50%, individual and hand cleanliness 68.25% and food practice 55.13%. The review results portrayed that health education on home remedies for the common cold was successful to increase the knowledge of mothers of under - five children.[40]

Liveena, Oustrin et. al. (2018) conducted a study to assess the effectiveness of information booklet on knowledge of mothers regarding home management of respiratory tract infection among under five children in Pallithottam at Kollam. A quantitative approach was used with pre experimental one group pre - test and post - test only control group design.60 samples were selected by purposive sampling technique. The examiner involved an organized poll as an instrument in regards to respiratory tract infection. The general mean worth of pre - test (19.63) and post - test (25.87) information score, with a standard deviation of pre - test at (4.03), post - test at (4.6) separately. At the point when information was processed, the determined 't' esteem was 7.8768 which was more prominent than the table worth 0.05 degree of importance. There was a massive distinction between pre - test and post - test scores of information among moms of under - five youngsters. There was a relationship between pre - test information among mothers with chosen segment factors (age and schooling of mother). The discoveries of the review proposed that the information booklet was powerful in expanding the information on mothers with respect to home management of respiratory infection among the mothers of under - five youngsters.[41]

Sangrulkar, S. (2017) conducted a study to assess the knowledge and practice of mothers regarding acute upper respiratory tract infection among mothers of under five children in a selected urban community of Mumbai. Descriptive research design was used and sample of 60 mothers was selected by using convenient sampling technique. Tool used was a semi - structured questionnaire. Results showed that 57 % of mothers had information in regards to kids' concerns, and 88 % of mothers had information with respect to youngsters' treatment on upper respiratory plot disease. Out of 60 mothers, just 76.66 % were following preventive estimates like hand washing, keeping away from close contact, 72.50 % were taking pharmacological administration, 61.66 % were following home cures like steam inward breath, salt water rinsing, and utilization of high temp water for drinking and just 48.33 % of mothers were following a few different practices, for example, placing oil in the ear for ear pain and use of natural restorative plants and so on.[42]

Jophin, Joseph et. al. (2015) conducted a study to assess the effectiveness of structured teaching programme for mothers of toddlers on prevention of upper respiratory tract infection. Quasi experimental one group pre - test post - test design was used in the study.60 mothers of toddlers were selected as sample using simple random sampling. Questionnaire was used to collect data from the subjects. Consequences of the review showed that in the pre - test the subjects had deficient information with a mean of 29.25 % and a standard deviation of 2.26 whereas in the post - test there was a huge mean information gain of 77.77 % and a standard deviation of 1.68. The chi - square test uncovered that there was a critical relationship of information with chosen segment factors like occupation, family pay, and any past openness to the information on upper respiratory plot disease. Thus the review demonstrated that the organized showing program was fundamentally compelling in working on the information on mothers of little children on counteraction of upper respiratory infection.[14]

Sikander (2014) conducted a study with an aim to assess and improve the knowledge among the mothers of under five children regarding upper respiratory tract infection. A pre experimental one group pre - test and post - test design was used in the study.30 samples were selected by using purposive sampling technique. The closed ended questionnaire was used as a tool. In the pre - test, in general degree of information on the administration of upper respiratory infection among the mothers was 40%. Whereas in post - test information score for the mothers was 87 %. There was no massive distinction (p=0.05) between the post - test score and their chosen segment factors. Subsequently, it portrayed that intercession was compelling for the acquiring of the information in regards to the management

of upper respiratory infection among the mothers of under - five youngsters.[43]

Goel, K. et. al. (2012) conducted a cross - sectional study on prevalence of acute respiratory infections in under - five children of Meerut District, India. The samples of 450 mothers of under five children were selected by purposive sampling technique. Results of the study showed that prevalence of acute respiratory infection was found to be 52 %. It was higher in children with lower socio - economic status (35.89 %), illiterate mothers (49.14 %), overcrowded conditions (70.94 %), inadequate ventilation (74.35 %), and use of smoky chullah (56.83 %), malnutrition (26.49) and parental smoking (78.20 %). Study concluded that there was the need for research which aimed at health system to determine the most appropriate approaches to control acute respiratory infection and thus could be utilized to strengthen the acute respiratory infection control programme.[44]

Part 4: Review of literature related to knowledge of mothers regarding home management of selected common illnesses or minor ailments among under five children

Sahoo, Sailabala (2021) conducted a study to assess the effectiveness of structured teaching programme on knowledge of mothers regarding home management of common illnesses of under five children in urban slum areas of Kumbharpalli, Ankuli, Berhampur (Odisha). In the study pre - experimental one group pre - test and post - test design was used.50 mothers were used as sample by using purposive sampling technique. The data was collected by using structured interview schedule. The review discoveries uncovered that in the pre - test, 55.15% of mothers had normal information in regards to the management of common illnesses. In post - test, 92.5% of mothers had awesome information, and by and large information score contrast was (37.35%) with ($P < 0.05$) esteem which demonstrated exceptionally critical and viability of construction showing program and showed no relationship with segment factors. Subsequently, the review demonstrated that the organized showing program was viable for expanding the information on mothers of under - five kids with respect to the home administration of chosen common ailments.[45]

Pradnya, Sakle1 et. al. (2021) conducted a study to assess the effectiveness of information booklet on knowledge of mothers regarding home management of common illnesses among children aged 2 months to 5 years. One group pre - test and post - test design was used. Sample consisted of 50 mothers selected by purposive sampling technique. The outcome showed that the general mean information score in pre - test and post - test which uncovers the post - test information score was higher for example 18.16 when contrasted with the pre - test information score which was 9.24. The factual matched 't' test suggested the distinction in the pre - test and post - test information score was viewed as 21.06 genuinely huge at the level of 0.05%. The review outlined that the information booklet was compelling to build the information on mothers in regards to home administration of common illnesses of youngsters aged between 2 months and 5 years.[46]

Yadav, Sandhya et. al. (2020) conducted a pre - experimental study to assess the effectiveness of structured teaching program regarding knowledge about home management of selected common illnesses in pre - school children among mothers residing in rural areas of Panipat. A pre - experimental one group pre - test and post - test design was used in the study. The sample of 60 mothers was selected by using convenient sampling technique. The consequences of the review showed that in the pre - test, mothers were having unfortunate information 31.66 %, normal information 68.34 %, and great information 0.00% with respect to chosen normal disease of youngsters, and the mean score was 11.57. In post - test, unfortunate information was 0.00%, normal information was 41.66 % and great information was 58.34 % in regards to chosen normal illnesses of kids, and the mean score was 20.77. This study showed that an organized showing program was profoundly compelling in further developing information on mothers about home administration of common illnesses in youngsters.[7]

Nair, P. N. et. al. (2017) conducted a study was conducted to assess the knowledge of mothers regarding home management of minor ailments among under five children in selected areas of Mysuru district. In the study, descriptive survey approach was used.60 mothers were selected as sample by using purposive sampling technique. The information was estimated by utilizing an organized information survey. That's what the results showed; the most extreme number 25 (41.6 %) mothers had normal information in regards to home administration of minor ailments. The mean information score was 14.92. There was an association found between information on mothers of under - five kids in regards to home administration of minor sicknesses and their chosen individual factors like age and occupation.[11]

Bharadwaj, R. et. al. (2017) conducted a study to assess the effectiveness of awareness programme on knowledge and practice regarding management of minor ailments among care givers of children under 5 years in selected rural areas of Dehradun, Uttarakhand. Pre experimental one group pre - test and post - test design was used in the study.57 samples were selected for the study. Systematic random sampling and consecutive sampling technique was used to select the study subjects. The tools used for the study were structured knowledge questionnaire and self - reported practice check list. Results showed that the mean post - test information score and practice scores (20.74, 32.46) were higher than the mean pre - test information score and practice scores (14.37, 28.00) which was seen as genuinely critical at $p<0.05$. There was a critical relationship between both information and practice score with training and openness of past educating of guardians on the home management of minor sicknesses in youngsters under 5 years.[47]

Jamra, Vishal et. al. (2017) conducted a study to assess the effectiveness of self - instructional module on minor ailments of children among anganwadi workers. This cross - sectional study was conducted on 48 anganwadi workers of selected centers of District Bhopal, Madhya Pradesh by simple random sampling method. Brief structured interview

and structured questionnaire techniques were used to collect responses from the anganwadi workers. After IMNCI based training given to anganwadi workers, their knowledge and skills for treating minor ailments under five children were significantly improved from pre - test assessment (Total score 1087 with Mean (SD) score 2.83 (1.32) to post - test assessment 1392 with mean (SD) score 3.62 (1.38). Knowledge of anganwadi workers regarding under five children in all 8 domains of illnesses changed significantly 14.1% from 50.3% in baseline survey to 64.4% in end line survey. The study concluded that anganwadi worker was the key person in the programme, her education level and knowledge of minor ailments for under five children played an important role related to her performance in the anganwadi centre.[48]

Venu, A. (2016) conducted a study to assess the effectiveness of planned teaching programme on knowledge regarding common minor neo - natal problems and their management among post - natal mothers admitted in S. S. Hospital, Davangere, Karnataka.30 post - natal mothers were selected for the study by purposive sampling technique. Data was collected by using socio - demographic variables and structured knowledge questionnaire. The outcome uncovered that most post - natal mothers had normal pre - test scores for example 29 (99%) and 1 (1%) of post - natal mothers had unfortunate information in regards to common minor neo - natal problems. Thus, it was obvious that the mean post - test information score of post - natal mothers was altogether more noteworthy than their mean pre - test information score. This showed that STP (organized showing program) on common minor neo - natal issues and their management had upgraded information on common minor neonatal problems.[49]

Rathore, Chetan (2014) conducted a study to assess the effectiveness of information booklet on knowledge regarding home management of selected common illness in children in rural areas of Vadodara (Gujarat). A one group pre - test and post - test pre - experimental design and evaluative approach was adopted. The sample of 60 mothers was selected by convenient sampling technique. The consequences of the review showed that in the pre - test, mothers were having typical 44.26% information in regards to chosen common illnesses of youngsters, and the mean score was 25.8±3.96. In post - test normal 75.88% of moms were having information with respect to chosen normal ailments of youngsters and the mean score was 25.8±3.96. This study reasoned that the self - educational module was profoundly powerful in further developing information on moms in regards to home management of common illnesses in youngsters.[50]

4. Research Methodology

Research Approach: Quantitative research approach was used in this study.

Research Design: Pre - experimental research design was used for this study.

Research Variables: Research variables are the concepts at various levels of abstraction that are measured, manipulated and controlled in the study. The variables of the study include:

Independent Variable: In this study the structured teaching programme regarding common illnesses and its home management is the independent variable.

Dependent Variable: Dependent variable is the knowledge of the mothers of under five children regarding common illnesses and its home management.

Research Setting: The study was conducted in selected rural areas of Mullanpur, Distt. Mohali, Punjab. The setting was chosen on the basis of investigator's feasibility in terms of availability and accessibility of mothers of under five children.

Target Population: Mothers of under five children of Distt. Mohali, Punjab.

Sampling Technique: Samples were selected by using Purposive Sampling Technique for data collection.

Sample Size: Sample size was 60 mothers of under five children who were available in the selected village at the time of data collection.

Criteria for Sample Selection

Inclusion criteria
The study samples were selected using following criteria: -
The mothers who were
- Having 0 - 5 year children.
- Present at the time of data collection.
- Willing to participate in the study.

Exclusion criteria
The study was not conducted on mothers
- Having children above five years of age.
- Who were not willing to participate in data collection.

Description of the Tool
The study tool consists of:
Section A. Socio demographic variables
Section B. Self - Structured questionnaires
Section C. Structured teaching programme

Section A: Socio - demographic variables: - Socio - demographic performa was developed by investigator. A data sheet was developed to record socio - demographic variables which consists of age (in years), religion, type of family, mother's education, mother's occupation, no. of under five children, family monthly income, any previous information and preference of health services during common illnesses in children and source of information regarding common illness and its home management.

Section B: Self - structured questionnaire
Self - structured questionnaire was developed by the investigator with the help of experts to assess the knowledge regarding common illnesses and its home management among the mothers of under five children.

Section C: Structured teaching programme
Teaching programme includes definition of common illness, causes, sign and symptoms, and its prevention and home management.

Validity of tool:
Polit (1999) says that validity refers to the degree to which an instrument measures what it is supposed to be measuring. The tool adopted for this study is self - structured questionnaire and content validity was established by submitting the tool to 7 experts in the field of pediatric nursing. Based on their suggestions, modification and restructuring of the tool was done. As for the adequacy of content all experts approved the tool constructed.

Reliability:
Reliability refers to the accuracy and consistency of the measuring tool. Reliability of self - structured tool was calculated by using Cronbach's Alpha method using IBM SPSS Version 26, which was found to be reliable r =0.776.

Pilot Study:
Pilot study is small version or trial run design to determine the practicability and feasibility of the research study. The pilot study was conducted on 10 mothers of under five children residing in Village MullanpurGaribdass, Mohali, Punjab in the month of March. Formal permission was obtained from the concerned authorities. The purpose of the study was explained to the study participants. Descriptive statistics were used for data analysis. The study methodology was found to be feasible and no significant changes were made in the methodology for the main study. Further findings were used to determine the sample size for the main study.

5. Analysis and Interpretation

A total of 60 mothers of under five children were included in this study through non - probability purposive sampling technique who were fulfilled inclusion criteria. The study subjects were assessed and analyzed. The IBM SPSS version 26 was used for data analysis and interpretation of data.

Organization and presentation of data
The obtained data was organized, analyzed, tabulated and interpreted by employing descriptive and inferential statistics. Analysis and interpretation of data was based on the objectives. The data was organized and presented in tabulation and graphical manners according to the following sections.

Section I: Socio - demographic Variables of mothers of under five children residing in selected rural area of Distt. Mohali.
Section II: Findings related to assess the pre - test level of knowledge regarding home - based management of selected common illnesses during pandemic among mothers of under five children.
Section III: Findings related to assess the post - test level of knowledge regarding home - based management of selected common illnesses during pandemic among mothers of under five children.
Section IV: Findings related to evaluate the effectiveness of structured teaching programme regarding home - based management of selected common illnesses during pandemic among mothers of under five children.
Section V: Findings related to determine the association between pre - test and post - test knowledge scores regarding home - based management among mothers of under five children with selected socio - demographic variables.

Section I

Table 1: Socio - Demographic variables of mothers of under five children residing in selected rural area of Distt. Mohali, Punjab, N=60

S. No.	Variables	F	%
1.	**Age (years)**		
	≤25	16	26.7
	26 - 30	28	46.6
	31 - 35	16	26.7
2.	**Religion**		
	Hindu	36	60.0
	Muslim	5	8.3
	Christian	1	1.7
	Sikh	18	30.0
3.	**Type of family**		
	Nuclear	31	51.7
	Joint	26	43.3
	Extended	3	5.0
4.	**Educational status of the mother**		
	Illiterate	7	11.7
	Primary Level	7	11.7
	Secondary Level	14	23.3
	Higher Secondary Level	16	26.7
	Graduation or above	16	26.7
5.	**Number of under five children**		
	One	44	73.3
	Two	11	18.3
	Three	4	6.7
	Four	1	1.7
6.	**Occupation of the mother**		
	Private job	8	13.3
	Government job	2	3.3
	Housewife	50	83.3
7.	**Family Monthly income (in rupees)**		
	Less than 4000/ -	5	8.3
	4000/ - to 8000/ -	24	40.0
	8001/ - to 15000/ -	22	36.7
	Above 15000/ -	9	15.0

Table 1 presents that socio - demographic Variables of mothers of under five children residing in selected rural area of Mullanpur Garibdass, district Mohali**.**

Out of 60 mothers, 46.6% mothers lies between 26 - 30 year, followed by 26.7% lies between 31 - 35, and 26.7% were less than or equal to 25 years.

According to their religion; 60% were Hindu, followed by 30% Sikh, 8.3% Muslim, and only 1.7% was Christian.

As per their family pattern; 51.7% belongs to nuclear family, 43.3% belongs to joint family, and 5% belongs to extended family.

As per educational status majority of mothers fall under graduation or above and higher secondary level i. e.26.7%,

followed by 23.3% secondary level of education, and 11.7% having primary level and illiterate level of education.

According to their number of under five children; 73.3% mothers had one child, 18.3% had two children, 6.7% had three children and 1.7% had four children.

According to occupation of the mother; 83.4% mothers were house wives, followed by 13.3% were in private job and only 3.3% were in Government job.

As per their monthly family income; 40% had monthly income between 4000 to 8000 rupees per month followed by 36.7% had between 8000 to 15000 rupees per month, 15% had above 15000 rupees per month and 8.3% had less than 4000 rupees per month.

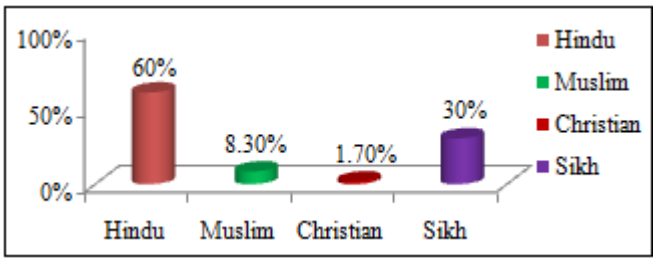

Figure 3.2: Percentage Distribution of Mothers Per Their Religion

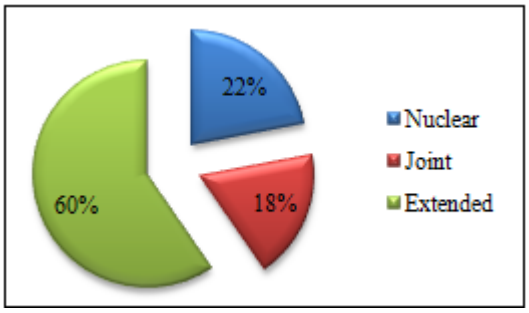

Figure 3.3: Percentage of Mothers as Per Their Type of Family

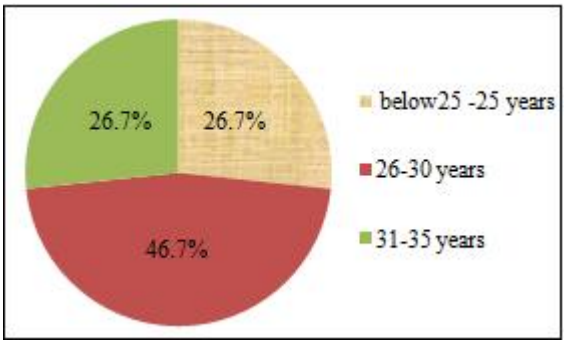

Figure 3.1: Percentage of Mothers Per Age in Years

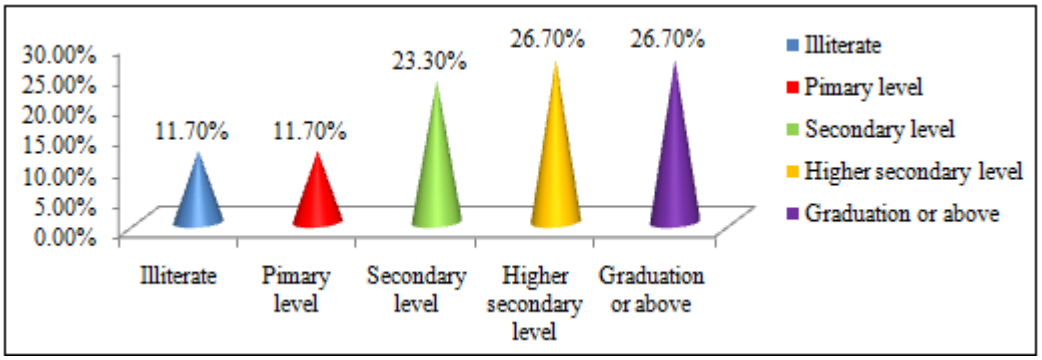

Figure 3.4: Percentage Distribution of Mothers as Per Their Educational Status

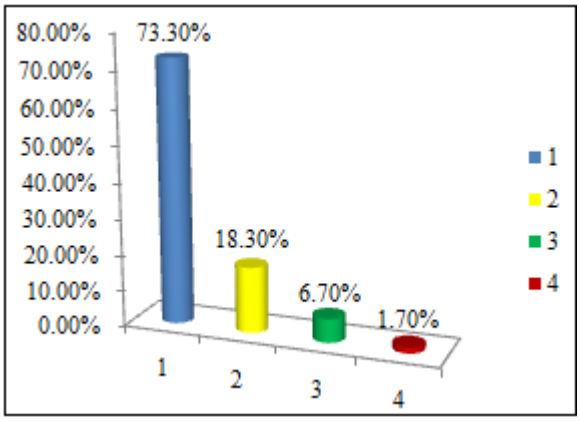

Figure 3.5: Percentage Distribution of Under Five Children as Per Their Age

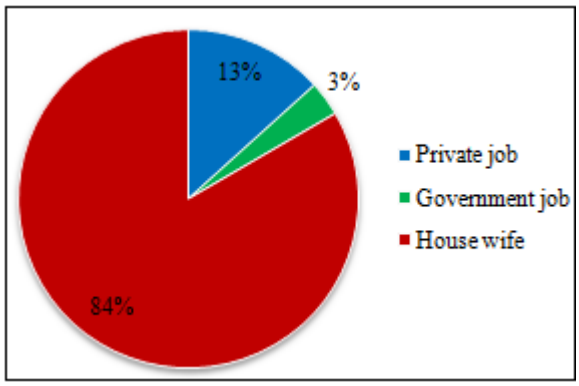

Figure 3.6: Percentage Distribution of Mothers Per Their Occupation

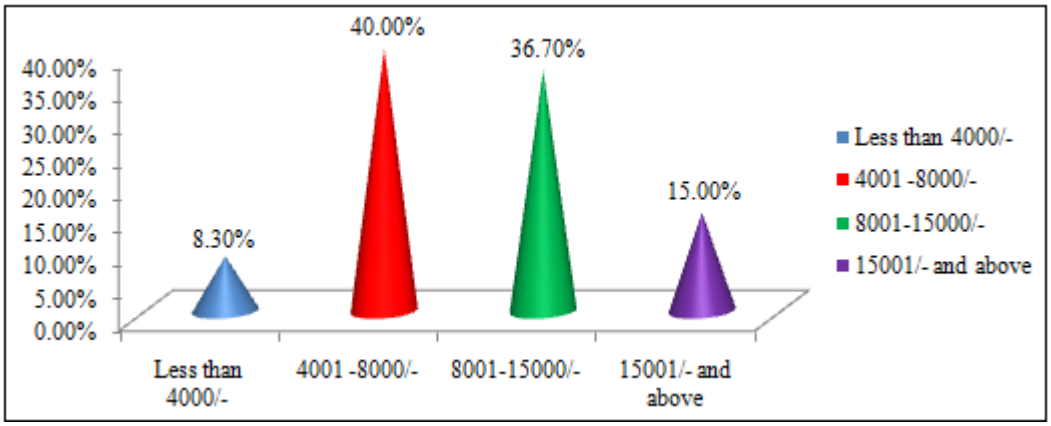

Figure 3.7: Percentage Distribution of Mothers of Under Five Children as Per Their Family Monthly Income

Table 2: Information of common illnesses among mothers of under five children residing in selected rural area of Village Mullanpur Garibdass, District Mohali, N=60

S. No.	Variables	f	%
1.	**Information regarding common illness in under five children**		
	Yes	38	63.3
	No	22	36.7
2.	**If yes please specify the source (n=38)**		
	Mass media	9	23.7
	Friend / relatives	6	15.8
	Health personnel	14	36.8
	Newspaper/magazine/journal/article	9	23.7
3.	**Health services prefer during any common illness in under five children**		
	Government health services	20	33.3
	Private health services	9	15.0
	Home remedies/ management	31	51.7

Table 2 shows the information of common illnesses in children among mothers of under five children residing in selected rural area of MullanpurGaribdass, Distt. Mohali.

Out of 60 mothers; as per information regarding common illnesses in children, 63.3% were having information and 36.7% were not having information.

As per their source of information; 36.8% had information from health personnel, followed by 23.7% had from mass media, and 15.8% had from friend or relatives.

As per their health services preferences during any common illnesses in children; just more than half 51.7% preferred home remedies/ management, 33.3% preferred Government health services, 15% preferred private health services.

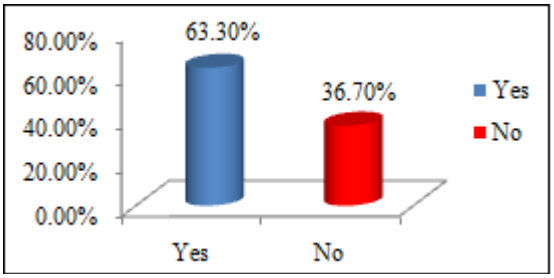

Figure 4.1: Percentage of Mothers as per Information Regarding Common Illness

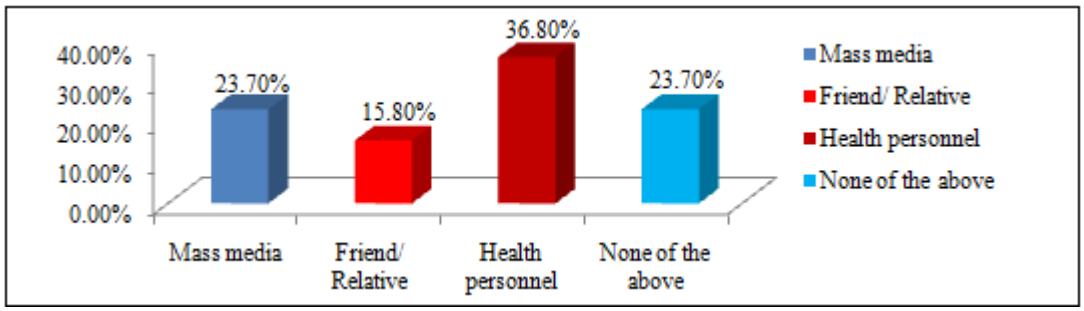

Figure 4.2: Percentage of mothers as Per Their Source of Information

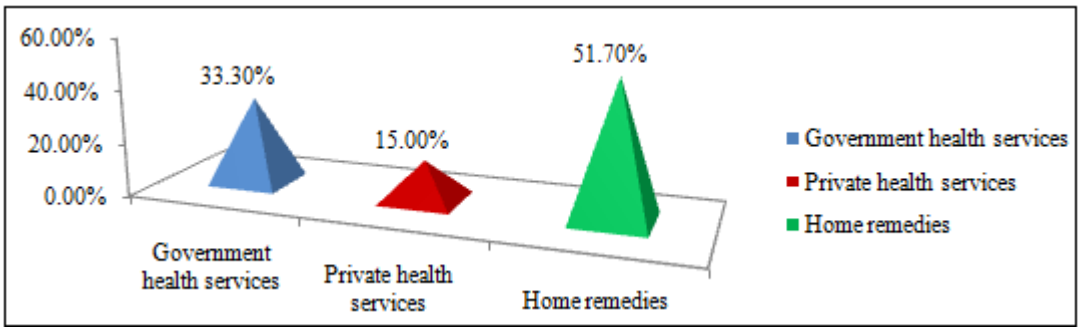

Figure 4.3: Percentage Distribution of Mothers of Under Five Children as Per Their Preference of Health Services during Common Illness

Section II

Findings related to assess the pre - test level of knowledge regarding home - based management of selected common illnesses during pandemic among mothers of under five children.

Table 3: Pre - test level of knowledge regarding home - based management of selected common illnesses during pandemic among mothers of under five children, N=60

S. No.	Level of Knowledge	f	%	Mean ± SD	Median (IQR)
1	Excellent	5	8.3	18.68±3.98	18 (6)
2	Good	46	76.7		
3	Average	9	15.0		

Table 3 presents the pre - test level of knowledge regarding home - based management of selected common illnesses during pandemic among mothers of under five children.

Out of 60 mothers; 76.7% had good knowledge, 15% had average and 8.3% had excellent. The mean score of knowledge was 18.68±3.98 and the median score of knowledge was 18 (6).

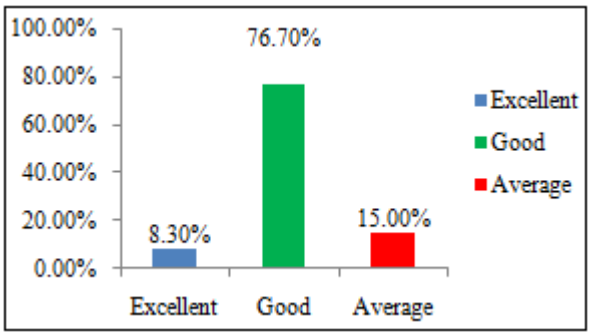

Figure 5: Pretest Level of Knowledge Regarding Home - Based Management of Selected Common Illnesses during Pandemic among Mothers of Fewer than Five Children

Section III

Findings related to assessment of the post - test level of knowledge regarding home - based management of selected common illnesses during pandemic among mothers of under five children.

Table 4: Post - test level of knowledge regarding home - based management of selected common illnesses during pandemic among mothers of under five children, N=60

S. No.	Level of Knowledge	f	%	Mean ± SD	Median (IQR)
1	Excellent	52	86.7	27.08±2.85	28 (3)
2.	Good	8	13.3		

Table 4 shows the post - test level of knowledge regarding home - based management of selected common illnesses during pandemic among mothers of under five children.

Out of 60 mothers; majority 86.7% had excellent knowledge, 13.3% had good knowledge. The mean score of knowledge was 27.08±2.85 and the median score of knowledge was 28 (3).

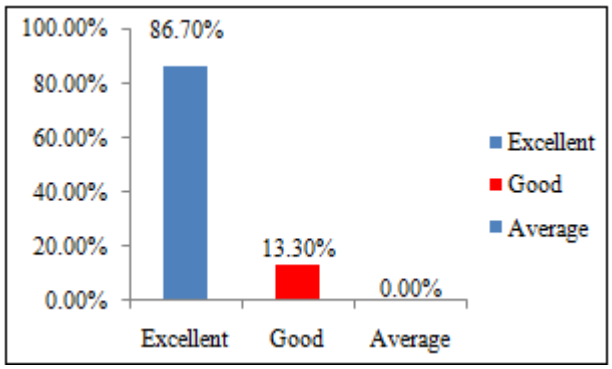

Figure 6: Post - Test Level of Knowledge Regarding Home - Based Management of Selected Common Illnesses during Pandemic among Mothers of Under Five Children

Section IV

Findings related to evaluation of the effectiveness of structured teaching programme regarding home - based management of selected common illnesses during pandemic among mothers of under five children.

Table 5: Effectiveness of structured teaching programme on knowledge regarding home - based management of selected common illnesses during pandemic among mothers of under five children. N=60

S. No.	Knowledge score	Mean	SD	MD	t value	df	p value
1.	Pretest Score	18.68	3.98	8.40	14.547	59	.001**
2.	Posttest Score	27.08	2.85				

*NB: SD= Standard deviation, MD=Mean difference, df= degree of freedom, **=significant at 0.01 level*

Table 5 depicts the effectiveness of structured teaching programme on knowledge regarding home - based management of selected common illnesses during pandemic among mothers of under five children.

The pre - test knowledge was 18.68±3.98 and the post - test score of knowledge was 27.08±2.85. The mean difference was 8.40. Here independent 't' test was applied to find out statistically difference between pre and post knowledge score.

Result shows that df=59, t= 14.547, p=0.001 which indicated highly significant at 0.01 level. Hence null hypothesis is rejected and alternative hypothesis is accepted.

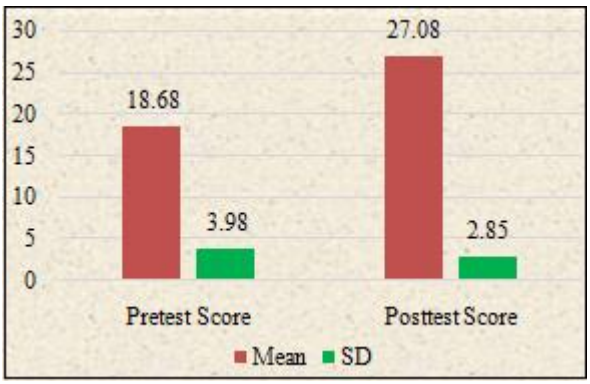

Figure 7: Percentage Distribution of Effectiveness of Structured Teaching Programme on Knowledge regarding Home - Based Management of Selected Common Illnesses

Section V

Findings related to determination of the association between pre - test and post - test knowledge scores regarding home based management among mothers of under five children with selected socio - demographic variables.

Table 6: Association between pre - test and post - test knowledge scores regarding home based management among mothers of under five children with selected socio - demographic variables, N=60

S. No.	Variables	N	Mean	SD	F value	df	P value
1.	**Age (years)**						
	≤25	16	6.62	4.97	2.135	2	.128 NS
	26 - 30	28	9.46	4.12			
	31 - 35	16	8.31	4.22			
2.	**Religion**						
	Hindu	36	8.36	4.40	.351	3	.789 NS
	Muslim	5	8.40	1.51			
	Christian	1	13.00	.			
	Sikh	18	8.22	5.26			
3.	**Type of family**						
	Nuclear	31	9.25	4.52	1.208	2	.306 NS
	Joint	26	7.53	4.54			
	Extended	3	7.00	1.00			
4.	**Educational status of the mother**						
	Illiterate	7	8.14	2.41	2.403	4	.061 NS
	Primary Level	7	12.28	4.23			
	Secondary Level	14	9.50	4.05			
	Higher Secondary Level	16	7.25	5.50			
	Graduation Or Above	16	7.00	3.59			
5.	**Number of under five children**						
	One	44	8.50	4.69	.065	3	.978 NS
	Two	11	8.36	4.67			
	Three	4	7.75	1.70			
	Four	1	7.00	.			
6.	**Occupation of the mother**						
	Private job	8	7.50	3.25	1.036	2	.361 NS
	Government job	2	4.50	3.53			
	Housewife	50	8.70	4.63			
7.	**Family monthly income (in rupees)**						
	Less than 4000/ -	5	11.60	4.03	3.118	3	.033 *
	4001/ - to 8000/ -	24	9.70	3.61			
	8000/ - to 15000/ -	22	6.63	4.93			
	Above 15000/ -	9	7.44	4.09			

*NB: F= Anova, SD=Standard deviation, df=degree of freedom, NS=non - significant, *=Significant level at 0.05*

Table 6 shows the association between pre - test and post - test knowledge scores regarding home based management among mothers of under five children with selected socio - demographic variables. Here ANOVA test was applied to find out statistically significant association.

As result shows that monthly income (F_3=3.118, p= 0.033) was found significant at 0.05 level.

While other demographic variables like age (F_2=2.135, p=0.128), religion (F_3=0.351, p=789), type of family (F_2=1.208, p=0.306), educational status of the mother (F_4=2.403, p=0.061), number of under five children (F_3=.065, p=.978), occupation of the mother (F_2=1.036, p=.361) were found non - significant at 0.05 level.

6. Discussion

This chapter deals with the detailed discussion of the findings of the study interpreted via statistical analysis. The findings are discussed in relation to objectives formulated, compared and contrasted with those of other similar studies conducted in different settings.

The study focused on assessing the effectiveness of structured teaching programme on knowledge regarding home based management of selected common illnesses during pandemic among mothers of under five children

residing in selected rural area of Mullanpur Garibdass, Distt. Mohali, Punjab

A total of 60 mothers were included in this study through purposive sampling technique who fulfilled inclusion criteria. The data collection tools used were demographic variables and self - structured questionnaire. A purposive sampling technique was used to select the samples. The content validity and reliability was established for all the tools. The pilot study was done on 10 samples from group who met the sampling criteria. The findings of the study have been discussed in terms of objectives and hypothesis stated for the study.

Objectives of the study

1) To assess the pre - test level of knowledge regarding home based management of selected common illnesses during pandemic among mothers of under five children.
2) To develop and administer structured teaching programme regarding home based management of selected common illnesses during pandemic among mothers of under five children.
3) To assess the post - test level of knowledge regarding home based management of selected common illnesses during pandemic among mothers of under five children.
4) To determine the association of pre - test and post - test knowledge scores regarding home based management among mothers of under five children with selected socio - demographic variables.
5) To evaluate the effectiveness of structured teaching programme regarding home based management of selected common illnesses during pandemic among mothers of under five children.

Objective 1: To assess the pre - test level of knowledge regarding home based management of selected common illnesses during pandemic among mothers of under five children.

The study result shows the pre - test level of knowledge regarding home - based management of selected common illnesses during pandemic among mothers of under five children. Out of 60 mothers; 8.3% had excellent, 76.7% had good knowledge and 15% had average. The mean score of knowledge was 18.68±3.98 and the median score of knowledge was 18 (6).

Yadav, S. et. al. (2020) conducted a pre - experimental study to assess the effectiveness of structured teaching program regarding knowledge about home management of selected common illnesses in pre - school children among mothers residing in rural areas of Panipat. The results of the study showed that in pre - test, mothers were having 0.00% good knowledge, average knowledge 68.34 % and 17%poor knowledge, regarding selected common illness of children and mean score was 11.57

Objective 3: To assess the post - test level of knowledge regarding home based management of selected common illnesses during pandemic among mothers of under five children.

The study result revealed that the post - test level of knowledge regarding home - based management of selected common illnesses during pandemic among mothers of under five children. Out of 60 mothers; majority 86.7% had excellent knowledge, 13.3% had good knowledge. The mean score of knowledge was 27.08±2.85 and the median score of knowledge was 28 (3).

Sahu, Sailabala (2021) conducted a pre experimental study to assess the effectiveness of STP on knowledge of mothers regarding home management of common illnesses of under - five children in selected urban slum areas of Berhampur, Odisha. After post - test mother had very good knowledge score of 92.5% and the difference in mean %age was 37.35% Thus, STP was effective.

Objective 4: To determine the association of pre - test and post - test knowledge scores regarding home based management among mothers of under five children with selected socio - demographic variables.

The study result shows that association between pre - test and post - test knowledge scores regarding home - based management among mothers of under five children with selected socio - demographic variables. Here ANVOA test was applied to find out statistically significant association. As result shows that monthly income (F_3=3.118, p= 0.033) was found significant at 0.05 level. While other demographic variables like age (F_2=2.135, p=0.128), religion (F_3=0.351, p=789), type of family (F_2=1.208, p=0.306), educational status of the mother (F_4=2.403, p=0.061), number of under five children (F_3=.065, p=.978), occupation of the mother (F_2=1.036, p=.361) found non - significant at 0.05 level.

Nair, P. N. et. al. (2017) conducted a study to assess the knowledge of mothers regarding home management of minor ailments among under five children in selected areas of Mysuru district. In this study, the investigator assessed mothers' knowledge and practices in managing minor illnesses to ensure safe and effective ways of managing minor illnesses and decrease complications and hospitalization. It was found that maximum number 25 (41.6 %) mothers had average knowledge regarding home management of minor ailments. The mean knowledge score was 14.92. There was an association found between knowledge of mothers of under five children regarding home management of minor ailments and their selected personal variables like age and occupation.

Objective 5: To evaluate the effectiveness of structured teaching programme regarding home based management of selected common illnesses during pandemic among mothers of under five children.

The study depicts the effectiveness of structured teaching programme on knowledge regarding home - based management of selected common illnesses during pandemic among mothers of under five children. The pre - test knowledge was 18.68±3.98 and the post - test score of knowledge was 27.08±2.85. The mean difference was 8.40. Here independent 't' test was applied to find out statistical difference between pre and post knowledge score. Result shows that t_{59}= 14.547, p=0.001 which indicated highly significant at 0.01 level. Hence null hypothesis is rejected and alternative hypothesis is accepted. The study concluded that structured teaching programme was effective to enhance the knowledge about home - based management of selected

common illnesses during pandemic among mothers of under five children.

Sandhya Yadav and MeenaKumari (2020) who conducted a pre - experimental study to assess the effectiveness of structured teaching program regarding knowledge about home management of selected common illnesses in pre - school children among mothers residing in rural areas of Panipat. A one group pre - test and post - test pre - experimental design and evaluative approach was adopted. The study was conducted among 60 mothers conveniently selected from rural areas of Panipat. The results of the study showed that in pre - test, 0% of mothers were having good knowledge, 68.34%average knowledge and 31.66 % poor knowledge regarding selected common illness of children and mean score was 11.57 in post - test, 58.34 % good knowledge, 41.66 % average knowledge and poor knowledge average regarding selected common illness of children and means score was 20.77, The post - test mean knowledge score was significantly greater than the pre - test mean knowledge score so the structured teaching programme was effective. This study concluded that structured teaching programme was highly effective in improving knowledge of mothers about home management of common illness in children.

7. Summary, Findings, Conclusion

This chapter deals with brief account of present study undertaken including the conclusion drawn from findings, implications of the study, limitation of the study recommendation for future research.

7.1 Summary

In home based remedies, the idea is to use the medicinal properties naturally present in the herbs, spices and other foods to prevent or decrease effect of foreign element in the body that is causing the pain or infection instead of flushing the body with hundreds of milligrams of strong chemicals in the form of antibiotics. Though antibiotics are essential for chronic conditions, it is not always necessary and is best avoided, especially for minor illnesses.

When one thinks of traditional home remedies one gets a warm feeling associated with wise grandmothers and simple, natural ingredients like turmeric, ginger, pepper, and honey. Members of the older generation in India relied heavily on Ayurveda, the traditional Indian system of medicine, as they were not convinced of the efficacy and safety of modern allopathic treatments. It was largely due to their experience and knowledge of the medicinal properties of various herbs that they were able to treat common diseases like diarrhea, cough, cold, fever, etc. Even today, it is quite common for parents to try to treat common illnesses at home by these methods rather than rush to the doctor at the first sneeze.

It is well known that the immune systems of babies below the age of one year are immature. Hence, they are very susceptible to fall sick with slight changes in weather, diet, etc. It is for this reason that most Indian households stock up on medicinal herbs to tackle common situations such as vomiting in the middle of the night or a sudden rise in body temperature.

Aim

To assess the effectiveness of structured teaching programme on knowledge regarding home based management of selected common illnesses during pandemic among mothers of under five children residing in selected rural area of distt. Mohali, Punjab

Objectives of the study

- To assess the pre - test level of knowledge regarding home based management of selected common illnesses during pandemic among mothers of under five children.
- To develop and administer structured teaching programme regarding home based management of selected common illnesses during pandemic among mothers of under five children.
- To assess the post - test level of knowledge regarding home based management of selected common illnesses during pandemic among mothers of under five children.
- To determine the association of pre - test and post - test knowledge scores regarding home based management among mothers of under five children with selected socio - demographic variables.
- To evaluate the effectiveness of structured teaching programme regarding home based management of selected common illnesses during pandemic among mothers of under five children.

The sources consulted were review of literature from books, internet, MEDLINES, journals; magazines and newspaper have helped the investigator to gain in - depth of knowledge regarding home management of common illnesses. The sources provided information which enable the investigator to study the extent of selected topic to develop conceptual framework, data analysis and data interpretation.

The conceptual framework used for this study was based on Ludwig Von Bertalenfy Theory. A pre experimental research approach and pre - test and post - test design was chosen for conducting the study. The population chosen for study was mothers of under five children residing in village MullanpurGaribdass, Distt. Mohali, Punjab. The subjects were selected by using the purposive sampling technique. After extensive and systematic review of literature and discussion with 7 experts in the field of pediatric nursing the investigator developed the tool.

The tools used for data collection were
Section A: Socio - Demographic Variables
Section B: Self - Structured Questionnaire
Section C: Structured Teaching Programme

Pilot study was conducted in village MullanpurGaribdass, Distt. Mohali and reliability of tools was checked by inter - rater method and tools were found reliable. Main study was also conducted in village MullanpurGaribdass, Distt. Mohali with 60 samples which were selected through purposive sampling technique. The collection of data was done in the month of March, 2022. The data was analyzed using descriptive and inferential statistics.

7.2 Findings

The findings of the present study revealed the effectiveness of structured teaching programme on knowledge regarding home - based management of selected common illnesses during pandemic among mothers of under five children. The pre - test knowledge was 18.68±3.98 and the post - test score of knowledge was 27.08±2.85. The mean difference was 8.40. Here independent't' test was applied to find out statistical difference between pre and post knowledge score. Result shows that t59= 14.547, p=0.001 which indicated highly significant at 0.01 level. Hence null hypothesis is rejected and alternative hypothesis is accepted. The study concluded that structured teaching programme was effective to enhance the knowledge about home - based management of selected common illnesses during pandemic among mothers of under five children.

7.3 Conclusion

The study concluded that structured teaching programme was effective to enhance the knowledge about home - based management of selected common illnesses during pandemic among mothers of under five children. Mothers' knowledge and practices are important in managing children with minor illnesses. The findings support the importance of assessment and providing mothers with health education about treatment of their children with minor illnesses. It suggests that there was some deficit in mothers' knowledge and practices among young mothers of low socioeconomic status.

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