

# Effectiveness of Structured Teaching Programme (STP) on Knowledge Regarding Growth and Development among the Mothers of an Infant

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**Abstract:** ***Objectives:** The objectives of the study were to assess the existing knowledge regarding growth and development among the mothers of an infant, to evaluate the effectiveness of STP, to find out an association between pre-test knowledge scores with selected socio-demographic variables. **Materials and methods:** A descriptive method research designed was adopted and data were collected by purposive sampling technique from selected 60 mothers of an infant admitted in pediatric ward at KLE Dr. Prabhakar Kore Charitable Hospital, Belagavi, Karnataka, using structured questionnaire. **Results:** The main pre-test knowledge scores (89.69%) was higher than the mean post-test scores (17.72%) and paired "t" test calculated value (51.78%) was higher than tabulated value (1.96). **Conclusion:** The study concludes that the education is an effective method for providing knowledge regarding growth and development among mothers of an infant.*

**Key words:** Effectiveness, Structured Teaching Programme (STP), Growth and development and mothers of an infant

## 1. Introduction

The child care depends on the understanding of parents about the growth and development of the child through the non verbal signals. Children express and demands many things. The parents must learn to observe their children closely and try to fulfill their needs by providing appropriate environment<sup>[1]</sup>. The parents may feel a strong sense of love towards their newborn baby at birth. Learning to know their infant and maintaining the love relationship is the intimate process. They must learn to observe their infants behavior and strive to fulfill babies' needs<sup>[2]</sup>.

The family is an important component in the lives of all children, and it plays an essential role in fostering the development of infants. A significant concept in families is that of parenting. Parenting is a leadership role in the family in which children are guided to learn acceptable behaviors, beliefs, morals and rituals of the family and to become socially responsible contributing members of society<sup>[3]</sup>.

The early years of child life are an important development period. Growth and development during this period has consequences for the remainder of the child's life and well being throughout their life<sup>[4]</sup>.

The terms 'Growth' and 'Development' are not interchangeable<sup>[5]</sup>. Each depends upon the others, and in a normal child they parallel each other. But the terms are not the same<sup>6</sup>. Because they represent two different facets of the dynamics of change, that is growth is quantitative change in the child's body. Growth is an increase in physical size of the whole or any of its parts and can be measured in inches or centimeters and in pounds or kilograms<sup>[7]</sup>.

Development is a progressive increase in skills and capacity to function. It results a qualitative change in the child's functioning. For example, a child learns to speak, sit, wave bye- bye, and grasp an object. All this constitutes development<sup>[8]</sup>.

Infants constitute 2.92 percent of the population of India. As 30% of them are underweight (below 2.5kg) and 1/3rd of them premature (less than 37 weeks), they are even more prone to develop various health problems like infections. The vulnerable status of infants and additional problems in countries like India warrant special attention to infant health<sup>[7]</sup>.

The knowledge regarding growth and development helps the parents and the caregivers to learn what to expect from a particular child at a particular age, to detect deviation from normal, to ascertain the needs of the child to teach and guide them how to anticipate the problem and provide a service, gentle and loving care to their children, and to develop a rapport with the child and also helps to build healthy life style for optimum health care for the future.

## 2. Materials and Methods

Evaluation of STP for mothers of an infant regarding growth and development in selected Hospitals, Belagavi. The study was conducted by using a pre-experimental one group pre-test post test research design and 60 mothers of infant were selected by using Non-probability purposive sampling technique. The collected data was tabulated and analyzed in terms of descriptive and inferential statistics.

## 3. Results

### 1) Frequency and percentage distribution of mothers of an infant according to socio-demographic variables

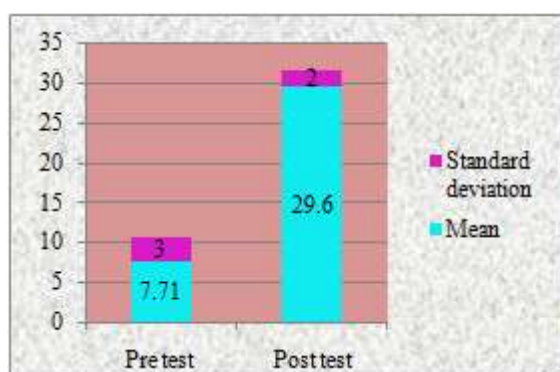
The analysis revealed that 38.33% of mothers belonged to age group of below 20 years, 46.67% mothers were had primary education, 70% mothers belonged to nuclear family, 91.67% were Hindus, 61.66% mothers had one child, 60% mothers had male infant and 73.34% mothers had information from family.

**2) Pre test and post test percentage of knowledge scores regarding growth and development among the mothers of an infant.**

Revealed that the percentage of gain in knowledge of mothers regarding growth and development of an infant was 71.97% and was found to be significant ( $t=51.78$ ), ( $p<0.05$ ).

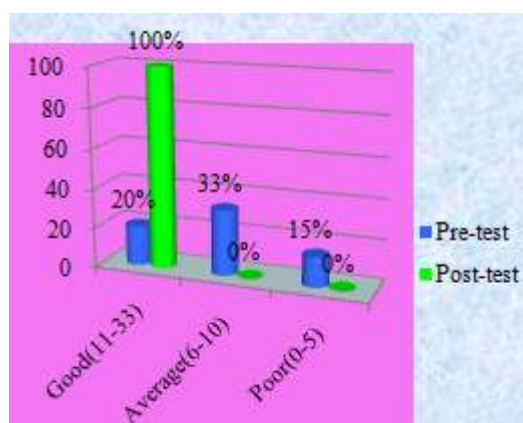
**3) Graph one. Mean, Median, Mode, Standard deviation and Range of knowledge regarding growth and development of an infant.**

Graph one revealed that, in the pre-test and post-test data analysis was, the mean post-test ( $30\pm2$ ) was higher than the mean pre-test scores ( $8\pm3$ ), and paired “t” test value was 51.78 ( $p<0.05$ ). The calculated value was higher than the tabulated value. This shows that the STP was effective.



**4) Graph two. Frequency and percentage distribution of knowledge scores regarding growth and development among the mothers of an infant.**

Graph two revealed that in pre-test majority of the mothers 33(55%) had average knowledge, 15(25%) had poor knowledge and 12 (20%) had good knowledge. In the post-test all the majority of the mothers 60(100%) had good knowledge score.



The present study of mean pre-test and mean post test findings revealed that the calculated paired ‘t’ value ( $t=51.78$ ) is greater than tabulated ‘t’ value ( $t=1.96$ ).

This indicates that the gain in knowledge score is statistically significant at  $p<0.05$  level. Therefore STP on growth and development is effective to improve the knowledge of mothers of an infant.

## 4. Discussion

The analysis revealed that 38.33% of mothers belonged to age group of below 20 years, 46.67% mothers were had primary education, 70% mothers belonged to nuclear family, 91.67% were Hindus, 61.66% mothers had one child, 60% mothers had male infant and 73.34% mothers had information from family.

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## 5. Conclusion

- Overall pre-test knowledge regarding growth and development among the mothers of an infant was low, which suggested there is need for STP.
- Post test results showed that there is significant improvement in the level of knowledge reading growth and development of an infant, it can be concluded that the STP was an effective method of teaching on knowledge reading growth and development among the mothers of an infant.
- Pre-test results revealed that the majority of the socio-demographic variables have statistical relation with the knowledge and socio demographic variables of mothers of an infant.

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