

# A Study to Assess the Knowledge of Mother Regarding Behavioral Problem among Under 5 Year Children in Selected Areas of Bharuch with a View to Develop an Information Booklet

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**Abstract:** Normal children are healthy, happy & well adjusted. Behaviour problem may occur due to over protection, rejection, or pampering over discipline and disturbed parents' child interaction because of broken family (single family, divorce). Parents should follow middle path in providing guidance and emotional support to their children, unrealistic discipline modalities are likely to cause behaviour problems. The objectives are to assess the knowledge of mothers on behavioral problems among under 5 year children, to find out the association between the levels of knowledge of mothers regarding behavioral problems among under 5 year children with selected demographic variables, to develop information booklet for knowledge of mothers of under 5 year children regarding the management of behavioral problem. In this study the researcher has used non experimental descriptive design. Study was conducted in Devbhumi Bunglows and Bharti Row House, Bharuch. Target population is under 5 years age children's mothers. The tool is divided into two sections to obtain response from samples. Section 1: Questionnaire to elicit the demographic characteristics. Section 2: A self-structured Questionnaire to assess the knowledge of mothers regarding behavior problems. Validity was done by experts. In areas of Nursing and Child Health Nursing. Reliability was done by split-half method. Data gathering process was done by using non probability convenience sampling method. The study was conducted in the month March 2019. Mothers were explained the purpose of the study and got a written consent from them after that questionnaire was administered. Knowledge of mother regarding behavior problem reveals that 25(83.33%) mother's had moderate knowledge and 5(16.66%) of mother had inadequate knowledge. There was no significant association between knowledge and demographic variables. As per the statistical analysis the researcher concludes that mother knowledge is not adequate and the knowledge of behavior problem in mother's can be improved by distributing information booklet.

**Keywords:** Mother, behavioral problem, children and information booklet

## 1. Introduction

Normal children are healthy, happy & well adjusted. This adjustment is developed by providing basic emotional needs along with physical & physiological needs for their mental wellbeing. The emotional needs are considered as emotional food for healthy behaviour. The children are dependent on their parents. So, parents are responsible for the fulfilment of the needs. Every child should have tender loving care and sense of security about protection from parent and family members. They should have opportunity for development of independence, trust, confidence and self-respect. Parents should be aware about achievements of their children and express acceptance of positive attitude within the social norms.<sup>1</sup>

Behaviour problem may occur due to over protection, rejection, or pampering over discipline and disturbed parents' child interaction because of broken family (single family, divorce). Parents should follow middle path in providing guidance and emotional support to their children, unrealistic discipline modalities are likely to cause behaviour problems. Behaviour problems include many tension reducing activities that appear during childhood at various levels of development. Some of these habits are learned from adult as children imitate their behaviour.<sup>2</sup>

The study of human behaviour is important because it is highly needed in the field of psychology, sociology and psychiatric. Children this age may be easily frustrated when

faced with limits. They will cry, throw tantrums & even lash out at parents, caregivers or friends. However, some scholars show even more extreme & difficult behaviours, often defying adults & deliberately hurting other people. Major behavioural problems are the significant deviations from socially accepted normal behaviour. These problems are mainly due to failure & adjustment to external environment & presence of internal conflict. Behavioural problems always need special attention. Identifying & helping these children is a vital task.<sup>3</sup>

Now a days in many communities the parents are more anxious towards their school children behavioural problems due to less attention or negligence or ignorance. So, the researcher felt that to study the knowledge of mothers regarding behavioural problems of school children.<sup>4</sup>

A study to assess the knowledge regarding behavioral problems of school children among mothers at Patteswaram rural community in Thanjavur District. A cross-sectional descriptive design was adopted for the study. 100 mothers were selected by using purposive sampling technique. All participants were given a questionnaire on behavioral problems administered 10 minutes to complete. The findings revealed that knowledge of mother shows that 61% of the mother had inadequate knowledge 37% of mothers had moderately, 2% of mother had adequate knowledge on behavioral problem. In conclusion mothers are having very poor knowledge regarding behavioral problems. The study

findings reveal significance of behavioral deviation of need to educate parents on behavioral of children. <sup>5</sup>

From the above data and the researcher’s personal experience made them to do this study. This study helps the mothers to get adequate knowledge on behavioural problems of children. This will help them to correct their children behavioural problems.

**Statement of the Problem**

“A study to assess the knowledge of mother’s regarding behavioral problem among under 5-year children in selected areas of Bharuch with a view to develop an information booklet.”

**Objectives of the study**

- 1) To assess the knowledge of mothers on behavioural problems among under 5-year children.
- 2) To find out the association between the levels of knowledge of mothers regarding behavioural problems among under 5-year children with selected demographic variables.
- 3) To develop information booklet for knowledge of mothers of under 5-year children regarding the management of behavioural problem.

**Assumptions**

- Mother’s may have a little knowledge on behavioural problem of under 5-years children.
- Information booklet will enhance knowledge of mother regarding management of behavioural problem of under 5 years children.

**Hypothesis**

H<sub>1</sub> -There will be significant association between knowledge and demographic variable.

**Limitation**

- The study includes only;
- Mother of children of under 5 years of age.
  - Mother who can read Gujarati.

**Table 1:** Frequency and percentage distribution of demographic variables

Demographic variable	Frequency	Percentage
Age		
20 – 24	4	13.33%
25 – 29	8	26.66%
30 – 34	15	50%

35 – 39	3	10%
Educational status		
Illiteracy	0	0%
Primary & secondary school	6	20%
Higher secondary school	10	33.33%
Graduate	14	46.66%
Occupation of mother		
House wife	29	96.66%
Working	1	3.33%
Family type		
Nuclear	13	43.33%
Joint	17	56.66%
Number of children		
1	12	40%
2	17	56.66%
3	1	3.33%
> 3	0	0.00%
Marital status of mother		
Widow	0	0%
Divorcee	0	0%
Living with husband	30	100%

The result reveals that 4(13.33%) of respondents were in the age group of 20 – 24 years, 8(26.66%) in the age group of 25 – 29 years, 15(50%) in the age group of 30 – 34 years, and 3(10%) in the age group of 35 – 39 years. With respect to educational status 0(0%) respondents were illiterate, 6(20%) in the primary & secondary school, 10(33.33%) in higher secondary school and 14(46.66%) were graduates. Regarding occupational status of mother 29(96.66%) were housewife mothers and 1(3.33%) was working mother. Regarding family type there is 13(43.33%) in nuclear families, and 17(56.66%) in the joint families. A mother having one child frequency is 12(40%), that of mother with two child frequency is 17(56.66%) and mother with three child frequency is 1(3.33%), while 0(0%) mother is having more than three children. Regarding marital status of mother, 0(0%) of respondent to widow, 0(0%) in divorce and 30(100%) in the living with husbands.

**Table 2:** Level of knowledge score among mother regarding behavior problem in under 5-year children, N=30

Level of Knowledge	Score range	Frequency	Percentage
Inadequate	0 – 10	5	16.66%
Moderate	11 - 20	25	83.33%
Adequate	21 - 30	0	0%

Assessment of level of knowledge of mothers regarding behavioral problem in children reveals that majority 25(83.33%) of mother had moderate knowledge, 5(16.66%) of mother had inadequate knowledge.

**Table 3:** Chi square test showing the association between knowledge level and demographic variables, N=30

Demographic variables	Inadequate	Moderate	Total score	Table value	X <sup>2</sup> -value	Result
Age						
20-24	1	3	4	7.81	1.7698	NS
25-29	1	7	8			
30-34	2	13	15			
35-39	1	2	3			
Educational status						
Illiteracy	0	0	0	7.81	1.5768	NS
Primary & secondary school	2	4	6			
Higher secondary school	1	9	10			
Graduate	2	12	14			
Occupation of Mother						

House wife	5	24	29	3.84	0.2075	NS
Working	0	1	1			
Family Type						
Nuclear	2	11	13	3.84	0.02714	NS
Joint	3	14	17			
Children						
1	1	11	12	7.81	1.3788	NS
2	4	13	17			
3	0	1	1			
>3	0	0	0			
Marital Status of mother						
Widow	0	0	0	5.99	0	NS
Divorcee	0	0	0			
Living with husband	5	25	30			

NS=Non significant

According to the chi-square value the obtained table value was  $<0.05$  less than the tabulated value hence, there was no significant association between knowledge of behavior problem and demographic variables. Therefore, the  $H_1$  not accepted.

## 2. Discussion

### Major Findings are as follows

The result reveals that maximum 15(50%) in the age group of 30 – 34 years, 14(46.66%) were graduates, 29(96.66%) were housewife, 17(56.66%) in the joint families, 17(56.66%) mother with three children and 30(100%) in the living with husbands. Knowledge of mother regarding behavior problem reveals that 25(83.33%) mother's had moderate knowledge and 5(16.66%) of mother had inadequate knowledge. No one had adequate knowledge.

A similar study was conducted by Jayshree Godara and Sunita Chouhan in a study stating "A study on the knowledge of mothers regarding behavioral problems of children". This study contains 40 randomly selected (lottery) mothers from four randomly selected residential colonies of Bikaner city. 10 non-employed mothers were selected randomly from each selected colony. The data were collected through interview schedule prepared by Gupta. Frequency, percentage, was computed to assess the aspects of the behavioral problems of preschoolers of non-employed mothers. The assessment on knowledge of non-employed mothers revealed that majority of non-employed mothers had low knowledge about behavioral problems of children as compared to employed mothers. So, there is a need of teaching program for non-employed mothers.<sup>6</sup>

## 3. Ethical Consideration

Written permission was taken from the Welfare Institute of nursing and midwifery, Bharuch, Gujarat. Written Informed consent was taken from each study samples.

## 4. Conclusion

Assessment of the level of knowledge of mothers related to behavior problems in children revealed that, the majority of the samples 83.33% had moderate knowledge whose score ranges from 11-20, 16.66% of the client had inadequate knowledge whose score range from 1-10. No one had

adequate knowledge on children behavioral problem. There was a no significant association knowledge and demographic variable. Informational booklets prepared on prevention and management of behavioral problem in children based on consulting with experts and it will be distributed among mother of under five-year children.

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