

# A Study to Assess the Effectiveness of a Structured Teaching Program on Knowledge Regarding Home Based Care of Mentally Retarded Children among Caregivers in Selected Special Schools

Hrushikesh Patil

Tutor, Godavari College of Nursing, Jalgaon, India

**Abstract:** *Mental illness is one of the leading diseases all over the world. Intellectual disability (ID), also known as general learning disability, and mental retardation (MR), is generalized neuro developmental disorder. A quasi-experimental study with evaluative research approach was conducted at special schools. The sample comprised of 60 care givers of mentally retarded children who were selected by using simple random sampling technique. Structured teaching program was given to the subjects. Data was collected using a self structured questionnaire. Data was analyzed using descriptive and inferential statistics. The results of this study showed that majority of care givers of children were having poor knowledge score. There was an improvement in the knowledge of the care givers of the mentally retarded children after providing structured teaching program.*

**Keywords:** Structured teaching program, Knowledge, Home based care, mentally retarded children, Caregivers, Special schools

## 1. Introduction

Mental retardation is defined by the American Association on Mental Retardation (AAMR) as “significantly sub average intellectual functioning existing concurrently with related limitations in two or more of the following applicable adaptive skill areas: communication, self-care, home living, social skills, community use, self-direction, health and safety, functional academics, leisure and work,” with such limitations manifested “before age 18.

The World Bank report on Disability in India (2007) gives the percentage of Disabled People at 4-8%, around 40-90 millions individuals. It is a shocking and alarming fact that approximately 2.5 to 3% of the total population are mentally retarded which in most cases is a lifelong condition. At the global level, the last 100 years have seen a greater scientific understanding of people with Mental retardation. It is one of the most common disabilities occurring in childhood.

World Health Organization estimates that Community-based surveys conducted during the past two decades in India showed that the total prevalence of psychiatric disorder was around 5.8%. 10% of the world's population has some form of mental disability and 1% suffers from severe incapacitating mental disorders.<sup>3</sup>

The mental health act, 1987 defined normally ill person as a person who is in need of treatment by reason of any mental disorder other than mental retardation. From this definition itself it is clear that mental retardation is clearly distinguished from other illness. Mental retardation is defined as significantly sub average general intellectual functioning, associated with significant deficit or impairment in adaptive functioning which manifests during the development period. Here the adaptive behaviour means the person's ability to meet the responsibilities of social personal, occupational and interpersonal areas of life

according to his or her age, socio cultural an educational background.

## 2. Literature Survey

The study was conducted in the framework of a population based, single centre, cross-sectional study at south-west of Jammu city. To determine the Prevalence of mental retardation in children 3 to 10 years of age. A total of 61 (0.79 percent) of the 7,707 children surveyed had positive screening results on the Ten Questions instrument. 56 (0.72percent) children were diagnosed as suffering from mental retardation. Serious mental retardation was diagnosed in 48 children and mild mental retardation was diagnosed in 8 children. The combined prevalence estimates of mild and serious mental retardation were 7.2/1000. No notable sex differences were observed for either serious or mild retardation. The prevalence rates of mental retardation among children less than 19 years of age in R. S. town compares favorably with studies from developed world.

A comparative study conducted in Atlanta to assess prevalence of mental retardation. The administrative prevalence of mental retardation was identified by review of records from multiple sources, with the public schools as the primary source. The overall administrative prevalence of mental retardation is 12.0 per 1000 children. The rate from mild MR was 8.4 per 1000 and the rate of severe MR was 3.6 per 1000. The prevalence was higher in Black children than White children and in boys than in girls. Study concludes that Children with severe mental retardation had more coexisting disabilities than children with mild mental retardation.

## 3. Problem Definition

A Study To Assess The Effectiveness Of A Structured Teaching Program On Knowledge Regarding Home Based

Care Of Mentally Retarded Children Among Caregivers In Selected Special Schools.”

**Objectives**

- 1) To assess the knowledge regarding home based care of mentally retarded children among the care givers.
- 2) To determine the effectiveness of structured teaching program on knowledge regarding home based care of mentally retarded children among the care givers.
- 3) To find out the association between knowledge score regarding home based care of mentally retarded children among the caregivers and selected demographic variables

**4. Methodology/ Approach**

The present study is a quantitative study, this study evaluative approach, the research design selected is quasi experimental one group pre test - post test design. This design was selected as it best matched the study topic. The study was conducted at selected special schools. The population & samples were 60 caregivers of mentally retarded children who are studying in selected special schools & fulfilling the inclusion & exclusion criteria. The sampling technique used in this study was Simple random sampling & tools used for the data collection included demographic Performa & self structured knowledge questionnaire.

**5. Results**

Self Structured knowledge questionnaire was used for data collection. The analysis was done with the help of descriptive & inferential statistics such as mean, SD, percentage, ‘t’ test, & ‘p’ value.

**The data was analyzed and is presented in the following sections:-**

**Section I:** This section includes distribution of care givers of mentally retarded children in relation to demographic data by using frequency and percentage.

**Section II:** Assessment of pre-existing knowledge scores of caregivers regarding home based care of mentally retarded children by using frequency and percentage of pre test knowledge scores.

**Section III:** 1. Assessment of post test knowledge scores of caregivers regarding home based care of mentally retarded children by using frequency and percentage of post test knowledge scores.

**Section III:** 2. Data analysis in relation to find out the association of post-test knowledge score with selected demographic variables by using chi square test of association.

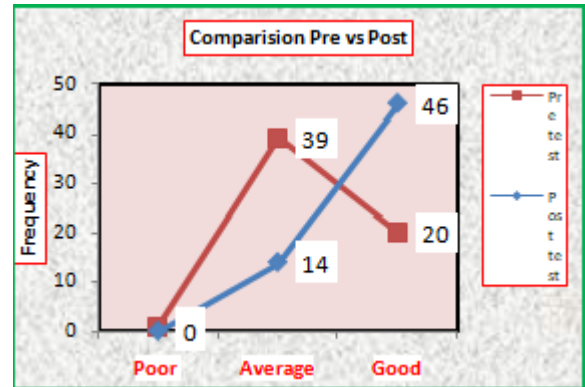
**Section IV:** It deals with the analysis of data related to the effectiveness of structured teaching program on the knowledge scores by calculating difference between percentage of mean pre-test and post-test knowledge scores.

**Section IV:** Testing of Hypotheses by using paired “t” test

Scores	Mean	SD	t- value	p- value
Pre- Test	19.31	2.31	8.7	0.000
Post Test	22.93	2.92		

Significance - p<0.05

The p value is less than the level of significance that is 0.05. This indicates that there is statistical significance difference between the Pre- test & Post test score related to knowledge of caregiver of mentally retarded children. Hence it proves that, the significance post test knowledge score was higher as compared to the pre test knowledge score This statistical difference shows the effectiveness of Self- structured knowledge questionnaire.



There is no significance association between source of knowledge, relationship of family member with patient, per capita income, type of family, occupation & religion.

**6. Discussion**

The finding of the study was discussed with reference to the objectives and with the findings of the other studies in this section. The present study was undertaken to assess the effectiveness of a structured teaching program on knowledge regarding home care of mentally retarded children among caregivers in selected special schools. the structured teaching programme was found to be effective in increasing the knowledge score of caregivers regarding home based care of mentally retarded children. The samples had a significant gain in knowledge after the administration of structured teaching programme. The study group showed a gain in knowledge in all the content areas of the structured teaching programme regarding home based care of mentally retarded children.

A study was conducted regarding family caregivers' satisfaction with home care for mental illness in Taiwan. A descriptive, cross-sectional design has been used to assess the level of family caregivers' satisfaction with home care for mental illness and to identify the family caregivers' unmet needs for home care in cases of mental illness. Data were collected using the self-administered questionnaire completed by a convenience sample of 75 primary family caregivers of the patients with mental illness from a psychiatric hospital in Taipei. The result showed that most family caregivers were highly satisfied with home care provided to them and their relative with mental illness. Timeliness of home care provided in an emergency was the most prevalent unmet need. The study concluded that there is a need to improve National Health Insurance policy and home care programs to provide more holistic services for the patients with mental illness and their family.

## 7. Conclusion

The main aim of the study was to assess the knowledge among caregivers regarding home based care management of mentally retarded children and to administer a structured teaching programme based on knowledge of home based care of mentally retarded children. The structured teaching programme helps the caregivers to enhance their knowledge regarding home based care of mentally retarded children.

### Future scope

The future scope of this study has implications for nursing administration, nursing education, nursing research and nursing practice.

### Nursing practice

The content of the structured teaching programme will help the nursing professionals in hospital and community to reinforcing their knowledge on home based care of mentally retarded children and it also helpful to improve the knowledge of caregivers of the mentally retarded children regarding mental retardation and home based care. The present study would indirectly help the nurses to understand the knowledge of caregivers regarding mental retardation and its home based care. Nurses working in a psychiatric hospital are key persons who play a major role in health promotion, health maintenance and prevention of disease and prevent of disease recurrences.

### Nursing education:

Though the content of general nursing and B.Sc nursing, M.Sc nursing provide information and experience in health education, it is essential to provide opportunity for the students to educate family members and caregivers regarding home based care of mentally retarded children in both community and clinical setting. The study emphasizes the significance of education on home based care of mentally retarded children to caregivers in service education for nurses with advanced knowledge regarding home based care of mentally retarded children should be organized. Nurse educator should educate the nurse and peripherals levels health workers to improve the care giver's knowledge regarding home based care of mentally retarded children.

### Nursing administration:

The nurse administration should take active part in the health policy making and develop practical information guide sheet, pamphlets, structured teaching programme regarding home based care of mentally retarded children both in the hospital and community settings. The nurse administration concentrate on the proper selection, placement and effective utilization of the nurses in psychiatric hospital and community, giving opportunity for creativities, interest and ability in educating the caregivers regarding home based care of mentally retarded children.

### Nursing research:

In India only few research studies have been done on knowledge of caregivers regarding home based care of mentally retarded children. This study revealed that there is deficiency in knowledge about mental retardation and its home based care among caregivers. The study suggests that

replication of the study in different settings. Since mental retardation is a common problem seen in psychiatric hospitals, nurses commonly educate caregivers and family members on home based care of mentally retarded children. It is essential to examine nurse's knowledge regarding home based care of mentally retarded children.

## References

- [1] American Association on Mental Retardation. 2002. Available from URL: [http://www.heionline.org/docs/training/introduction\\_to\\_mental\\_retardation.pdf](http://www.heionline.org/docs/training/introduction_to_mental_retardation.pdf)
- [2] New World Bank Report Finds People with Disabilities among the Most Excluded in Indian Society. New Delhi, November 20, 2007. Available from URL: <http://wecando.wordpress.com/2007/12/01/paper-news-world-bank-report-on-disabled-in-india/>
- [3] S. Ganesh Kumar. Prevalence and pattern of mental disability using Indian disability evaluation assessment scale in a rural community of Karnataka. Indian J Psychiatry. 2008 Jan-Mar; 50(1): 21-23. Available from URL: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2745873/>
- [4] Stuart. G.W& Laria.M.C., Principles and practice of psychiatric nursing, Mosby publications,2005,8:736-737.
- [5] Sunil Kumar Raina<sup>1</sup>, Sushil Razdan<sup>2</sup>, Renu Nanda<sup>3</sup>Prevalence of mental retardation among children in RS Pura town of Jammu and Kashmir. PMID: 22412268. Available in URL:<http://www.annalsofian.org/article.asp?issn=0972-2327;year=2012;volume=15;issue=1;spage=23;epage=26;aulast=Raina>.
- [7] Leonard H, Nassar, Bourke J. Prevalence of Mental Retardation in children. Am J Epidemiol 2008 Jan 1:167(1):103-11.

## Author Profile



**Hrishikesh Patil**, Tutor, Godavari College of Nursing, Jalgaon. Maharashtra. He has been working in the field of Mental health nursing department since 3 years. His area of interest includes partaking & conducting workshops, CNE's, & research.