

Assess the Effectiveness of Structured Teaching Programme on Knowledge Regarding Child Safety

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Abstract: Every home and school should teach about safety and protection measures. As a parent, should take an active interest in your children and listen to them. Teach you children that they can be assertive in order to protect themselves against abduction and exploitation. And most importantly, make your home a place of trust and support that fulfills your child's needs. Together we can protect our nation's children by teaching them to be smart, strong and safe. The various research studies are done to identify the best practice, promotive and preventive measures to provide safety environment to the children to prevent from injury or accidents. This study was based on evaluative approach. The method used for this study was Pre experimental one group pretest post test research design. 60 samples were selected with non-probability convenient sampling technique. Sample selection was based on inclusive and exclusive criteria. The tools used for this study was questionnaires with including selected Demographic variables, which was prepared on the basis of review of literature, various information & informal discussion with the patients. While data collection process followed the ethical consideration such as written permission was obtained from hospital authority and informed written consent obtained from mothers of under five children. Based on the objectives and the hypothesis the data were analyzed by using various statistical tests. Analysis of data showed that there is significant difference between pre test and post test knowledge. The calculated 't' values are much higher than the tabulated values. Hence it is statistically interpreted that the structured teaching programme on knowledge regarding child safety was effective.

Keywords: child safety, under five children, exploitation, injury and accident, safe environment

1. Introduction

"Children are the wealth of tomorrow take care of them."
- Pandit Jawaharlal Nehru

Today's Children are the citizens of tomorrow. They deserve to inherit a safer, fairer and healthier world. There is no task more important than safe guarding their environment.

Most people think of their home as a fortress that will keep their children safe and sound. Unfortunately there are many emergencies that are beyond our control. Just because a child is at home does not necessarily mean they are safe. That's why any safety plan has to begin in the home and be discussed with children, so you can keep them safe whether you are there or not.¹

Epidemiological data reveal systematic variation in childhood injury as a function of the child's sex and age. One of the most common findings is that males experience more frequent and severe injuries than females. This sex difference emerges at around 2 years of age and persists throughout childhood and into adulthood. Incidence studies also indicate that the type and location of injury vary as a function of a child's developmental level.²

According to the child accident prevention foundation of Australia private homes top the list of places where children are likely to experience injuries. It fact for children under the age of 5 home injuries account for half of unintentional deaths 3 out of 4 non fatal injuries. Because children's airways are so small children can easily choke on food or other small objects

they are inclined to put into their mouths. Common objects found around your house such as plastic shopping bags and other safe materials also pose a danger burns and scalds are for more serious in children than in adults because a child's sensitive skin burns more easily than an adult. A serious burn or scald can kill a child. Children under four years old are most at risk particularly those aged between one and two years.³

Children safety one of the most vital issues to consider during child rearing. Since children don't come with child care how-to manuals, this guide is a compilation of firsthand experience, lessons learned, and information gathered while raising our own children to help answer those child safety questions all parents have.⁴

2. Literature Survey

A study was carried out on planning for health promotion in low income preschool child care setting focus group of parents and child care providers. The objective is to identify potentially successful strategies, barriers and facilitators for health, promotions in preschool child care settings. A systematic thematic analysis was conducted with 6 focus groups; the participants are 24 parents and 45 child care providers. This study concluded that in order to be successful, health promotion strategies in child care settings will need to overcome tensions between providers and parents, allow professional growth of child care providers to some in a health promotions roll and better integrate external health resources and personal group sessions and peer learning opportunities

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that are culturally and linguistically sensitive or potentially successful strategies for implement action of health promotion intervention for many parents.⁵

The study was conducted on peer educations contributing to child accidents prevention; this describes the evaluation of an innovative approach to tackling the issue of childhood accidents prevention in the home. Three local mothers were recruited and trained to take on the role of peer educators. The data was collected using individual and focus group interviews. The aim of this paper is to describe the qualitative finding and to highlight some of the successes and challenges of this approach in order to provide practice development messages.⁶

The study was conducted on supervision of children aged two through six years. This approach to hazard prevention places the burden of safety on parents and caretakers. The participants are 59 parents, aged 31 to 40 years, and with completed a 24-item self-administered questionnaire, consisting of multiple choice and open-ended questions. It concluded that many parents supervise their children by being close-by and on-hand has needed, rather than being directly involved in the child's activities. Manufactures are encouraged to employ passive measures and sound designs, rather than rely on close parental supervision for injury prevention.⁷

A parental survey was conducted on their beliefs and practices about bathing and water safety on their children; guidance for drowning prevention. The survey found the majority of care givers use bathing aids and care given reported some risky behaviors such as unsupervised bathing of infants either alone or with siblings, better water safety anticipatory guidance is needed for care givers.⁸

A study emphasized on evaluating the impact of child safety seat check-up events on parents knowledge. The result shows that the check-up events. In North West have had an impact on self efficacy. The participants are 101parents / caregivers with a 20-item survey were conducted via telephone. The participants of the events were primarily Caucasian and females in the 30-34 age groups. Nine to ten subjects scored in the high knowledge Category. Conclusions are that check up events do have an impact on parental knowledge and are accepted by the target group. Additionally participants believed that car seats are of great importance and to protect their children in the event of a crash.⁹

A study was conducted on parents and care givers theoretical and practical knowledge of first aid in care of accidents and minor injuries in children. This shows the need for training people who take care of children in first aid treatment. As the best place for such training enquired parents pointed schools, kinder gardens, pediatric and obstetric clinics, the results of the enquiry show a great extent of self satisfaction on the questioned group of parent. Most of them (64.5%) think they know first aid rules although only 35 peoples (37.6%) were ever trained in this field parents decade they known; how to

deal with such conditions as burns, slight contusions and injuries, fractures, choking and high temperature.¹⁰

3. Problem Definition

“A study to assess the effectiveness of structured teaching programme on knowledge regarding child safety among mother's of under five children in selected rural area”.

Objectives of Study:

- 1) To assess the existing knowledge regarding child safety among the mothers of under five children in selected rural area.
- 2) To evaluate effectiveness of Structured Teaching Programme on knowledge regarding child safety among the mothers of under five children in selected rural area.
- 3) To find out the association between the knowledge score of mothers regarding child safety with selected socio demographic variables.

4. Material and Methods

A single group pre test and post test (quasi-experimental) design was chosen for the study. In the present study a pre test was administered by means of structured questionnaire depicted as P1 and then planned health teaching was given depicted as X, a post test was conducted using the same structured questionnaire depicted P2. The study design is depicted as –

Pre Test	Planned health teaching	Post Test
P1	X	P2

A Evaluative approach was found to be more appropriate to assess the effectiveness of structured teaching programme on knowledge regarding child safety. The proposed study was undertaken in at selected rural area. The population and samples were mothers of under five children who were fulfilling the inclusion and exclusion criteria and the sample consisted of sixty mothers of under five children. The sampling technique used in this study was non-probability convenient sampling. Tools used for data collection include two section namely demographic variable and structured knowledge questionnaires.

5. Results

A structured questionnaire is used for data collection. The analysis was done with the help of descriptive and inferential statistics.

SN	Data analysis	Method	Remark
1.	Descriptive statistics	Mean, standard deviation, percentage.	Knowledge regarding prevention of vitamin A deficiency.
2.	Inferential statistics	Paired “t” test	Effectiveness of planned teaching
		Unpaired “t” test and one way ANOVA and Chi square test will be used to find the association	Associate demographic variables with level of knowledge

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

Section I: Distribution of sample with regards to demographic variables.

This section deals with percentage wise distribution of subjects according to their demographic variables. Simple randomized sample 60 subjects were drawn from the study population, who were mothers of under five children in selected rural area. The data obtained to describe the sample characteristics including types of family, education of mothers, number of children, occupation of mothers, any health problems of child, income of mother, types of motherhood, previous knowledge, source of knowledge

Section II: Assessing the existing knowledge regarding child safety among the mothers of under five children.

This section deals with Knowledge level of mothers of under five children was assessed using a structured knowledge questionnaire and analyzed by using descriptive statistics

Section III: evaluate effectiveness of Structured Teaching Programme on knowledge regarding child safety among the mothers of under five children

Section IV: association between the knowledge score of mothers regarding child safety with selected socio demographic variables. This section deals with the association of pre -test knowledge level with selected demographic variables of the study participants. Chi square and unpaired ‘t’ test were used for within group comparisons categorically.

Testing of Hypothesis

H1: There is significant difference between the pre and posttest knowledge score of mothers of under five children regarding child safety.

Group	Frequency	Mean	S.D.	t value	P value
Pre Test	60	13.11	3.5	23.1	0.000
Post Test	60	22.63	3.38		

Here p value is less than 0.05 hence there is significant difference between pre and post test scores and H1 is accepted.

H2: There is a significant association between the knowledge level of mothers regarding child safety with their selected socio demographic variable.

In that variable like types of family, educational of mothers and income of work experience were significantly associated with pre- test knowledge so accordingly H₂ Accepted.

6. Discussion

The findings of the present study showed that, the post –test knowledge score was higher than the pre-test knowledge score range. The mean of post test score (22.63%) also was higher than the mean of pre- test knowledge score (13.11 %).

The comparison of pre- test and post -test knowledge score showed that there was a significant gain in knowledge scores of after structure teaching programme at 5% level of significance (p< 0.05). This shows that the structured teaching programme was effective.

“Prevention is better than cure” lack of knowledge and awareness about prevention of accidents in under five which are influenced by illiteracy low social class, psychological stress and unsafe environmental disorders, decreased knowledge of mothers regarding the increased mobility and case locomotion of under five with developed gross motor and fine motor skills. Every home and school should teach about safety and protection measures. As a parent, should take an active interest in your children and listen to them. Teach you children that they can be assertive in order to protect themselves against abduction and exploitation. And most importantly, make your home a place of trust and support that fulfills your child’s needs. Together we can protect our nations children by teaching them to be smart, strong and safe.

So, accordingly the major findings of this study is the analysis of mean, S.D., and mean percentage of the knowledge score in pre-test and post-test revealed that the mean percentage in pre-test was 13.11 % where as in post – test 22.63% . This shows the effectiveness in structure teaching programme on knowledge regarding child safety among the mothers of under five children.

7. Conclusion

The structured teaching programme significantly brought out improvement in the knowledge of child safety among the mothers of under five children. Analysis of data showed that there was significant difference between pre tests and post test knowledge score and effectiveness of structured teaching regarding child safety among the mothers of under five children in selected rural area and there is no significant association between demographic variable.

8. Future Scope

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

Nursing Services

Nurses working in the community and clinical setting as well as at PHC, CHC and SC can benefit from such researches, as it will provide more insight regarding the child safety among the mothers of under five children. They should know the importance of the preventive and proper knowledge regarding child safety. Child accidents, injury and harm can be prevented in the community by creating awareness regarding child safety we can prevent further damage to the children on a larger scale.

Nursing Education

The nursing education curriculum must include imparting knowledge about the use of various audio visual aids and teaching strategies such as preparation of charts, flash cards for health education on child safety. Now a day much importance is given to awareness and promotion and rehabilitation of health than the curative aspects. As the needs of society are continuously changing newer components must be incorporated in the nursing curriculum. Nursing education must emphasize on preventive and rehabilitative aspects of child safety.

Nursing Administration

As a part of administration, the nurse administrator plays a vital role in educating clients and student nurses. The Nurse administrator can utilize this type of STP to enhance the knowledge of students and staff nurses. Nursing administration can depute nurses for various workshops, conferences, and special courses; and also in-service education programs can be arranged for the nursing staff.

Nursing research

Nursing research is an essential aspect of nursing as it uplifts the profession and develops new nursing norms and a body of knowledge. Another research has been added to the Nursing literature. Very few studies have been done on a similar basis. The research design, findings and the tool can be used as avenues for further research. There is a need for extended and intensive nursing research in the area of child safety to improve the knowledge of mothers of under five children and make the children healthy citizen of tomorrow.

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