A Study to Asses the Knowledge and Attitude Regarding Selected Aspects of Growth and Development of Children among Mothers of under Five Children at Selected Areas of Kolhapur

Kirti Karambelkar

Abstract: _Background: Play is the key centre of a healthy child's life. Play provides the opportunities to be free, creative and expressive. In play, children expand their understanding of themselves and others, their ability to communicate with peers and adults. Play is the business of the childhood, allowing your child free rein to experiment with the world around him and the emotional world inside him, says Linda Acredolo professor of Psychology at the University of California. In play children expand their understanding of themselves and others, their knowledge of physical world and their ability to communicate with peers and adults. Play is crucial for your child social, emotional, physical, cognitive growth._[1] _"A pre-experimental study to evaluate the effectiveness of planned teaching programme (PTP) on knowledge and attitude regarding play needs of children, among mothers of under five children, at selected areas of Kolhapur". Objectives of the Study: 1) To evaluate the effectiveness of planned teaching programme on knowledge and attitude regarding play needs of children among subjects. 2) To find out correlation between knowledge and attitude regarding play needs of children. 3) To find out the association between pre-test knowledge scores of subjects with their selected Sociodemographic variables. 4) To find out the association between pre-test attitude scores of subjects with their selected socio demographic variables. Methods: A pre experimental, one group pre test & post test research design was used, which consisted of 60 samples that were selected by using non-probability, purposive sampling technique. Data was collected by using structured knowledge questionnaire and attitude scale regarding play needs of children. A PTP was administered to the samples at the end of the pre test and post test was conducted 7 days after pre test and from administration of PTP. Results: The result showed that, out of 60 mothers of under five children, In pre test majority of the participants 33 (55%) had poor knowledge and 24 participants (40%) had average knowledge and only 3 (5%) of the participants had good knowledge, where as in post test 42 (70%) participants had average knowledge, 15 (25%) participants had good knowledge and 3 (5%) of the participant had poor knowledge. The calculated paired 't' value (t cal = 18.56) is greater than tabulated value (t tab = 2.00). This indicated that the gain in knowledge score was statistically significant at p<0.05 level. Therefore the findings revealed that the PTP on play needs of children was effective in increasing the knowledge regarding play needs of children among mothers of under five children. In pre test majority of the participants 35 (58.33%) had moderately favorable and 25 participants (41.66%) had favorable attitude and None of the participants had unfavorable attitude, where as in post test 33 (55%) participants had average favorable attitude, 27 (45%) participants had moderately attitude and None of the participant had unfavorable attitude. The calculated paired 't' value (t_{cal} = 2.895) is greater than tabulated value (t_{tab} = 2.00). This indicates that the gain in attitude score is statistically significant at p<0.05 level. Therefore the findings revealed that the PTP on play needs of children was effective in improving the attitude regarding play needs of children among mothers of under five. There is significant association between pre test attitude scores and selected socio-demographic variable like number of children [χ^2_{cal}= 6.987, χ^2_{tab}= 5.99]. The calculated Chi-square value was higher than tabulated value at 0.05 level of significance. This indicated that there was significant association between pre test attitude scores and selected socio-demographic variables at 0.05 level of significance children._

Keywords: Play needs of children, Mothers of under five children, knowledge, attitude, Planned teaching programme

1. Objective of the Study

a) To assess the knowledge regarding selected aspects of growth and development of children among mothers of under five children.
b) To assess the attitude regarding selected aspects of growth and development of children among mothers of under five children.
c) To develop and provide informational booklet to the mothers of under five children.

1.1 Research Approach

Research approach indicates the broad based procedure for collection of data in particular situation. The choice of the appropriate approach depends on the purpose of study[23]. In view of the nature of the problem of the study and to establish the objectives of the study, Quantitative, survey research approach was used to identify the knowledge and attitude regarding selected aspects of growth and development among mothers of under five children.

1.2 Research Design

Descriptive research design was chosen for this study. The main purpose of the descriptive study is to observe, describe and document aspects of a situation as it naturally occurs.

1.3 Variables

- **Research Variable:** Assess the knowledge and attitude of mothers of under five children regarding selected aspects of growth and development.
- **Demographic Variable:** Age, class, educational status of the parents, occupation, type of family, Total number of children in family, monthly income of the family, source of information.
- **Research Settings:** The setting selected for the present study was pediatric and post natal ward of Dr. D.Y, Patil

Hospital, Kolhapur. In the present study the population comprises mothers of under five children

1.4 Sample

The sample for the present study were mothers of under five children at pediatric and postnatal wards Dr. D.Y, Patil Hospital, Kolhapur

1.5 Sample Size

Sample size is the number of elements of the population to be sampled. The sample size is determined based on the type of study variables.[24]The sample size for the present study was 70 mothers of under five children.

1.6 Sampling Technique

Sampling is a process of selecting a group of people,events or portion of the population to represent the entire population.[23]

Non probability, Purposive sampling technique was used for the present study to select the sample.

1.7 Sampling Criteria

Inclusion Criteria:
The study includes mothers of under five children mothers who;
1) Were willing to participate in the study.
2) Can read and write Marathi.

Exclusion Criteria:
The study excludes mothers under five children who;
1) Were not available at the time of data collection.

1.8 Development of the Tool

The tool is a vehicle that could obtain data pertinent to the study and at the same time adds to the body of general knowledge in the discipline. Selection and development of the tool was done based on the study after an extensive review of literature and discussion with a guide and experts, the structured knowledge questionnaire was developed to assess the knowledge and the checklist is used to assess the attitude of mothers of under five children regarding selected aspects of growth and development.

1.9 Description of Tool

The tool consists of three sections:

Section1: Socio -demographic Data.
It consisted of 6 items for obtaining information about the selected background factors of sample such as age, education, occupation, type of family, number of children, and source of information.

Section 2: Structured knowledge questionnaire regarding selected aspects of growth and development.
It consisted 24 items of multiple choice question on knowledge regarding selected aspects of growth and development.

Section 3: Structured likert scale on attitude regarding selected aspects growth and development.
It consisted of 12 items on attitude regarding selected aspects of growth and development.

Development of Information Booklet
The researcher prepared booklet having necessary information regarding growth and development of under five children in a creative and attractive manner. The researcher used various sources like books, internet, websites for the collection of information and related images, pictures. The content validity of the booklet was done by senior lecturers of the D. Y. Patilcollege of nursing, Kolhapur.
- Content of the information includes.
- Meaning of growth and development.
- Importance of assessing growth and development.
- Factors affecting growth and development.
- Measuring growth developmental milestones.

Scoring Technique:
Knowledge
The structured knowledge questionnaire consisted of 24 items of multiple choice question on knowledge regarding selected aspects of growth and development. Knowledge scores were categorized as follows:
Good 17-24
Average 9-16
Poor 00- 08
A score of '1' was awarded to each correct answer and a score of '0'to each incorrect answer.

Attitude-
Structured likert scale consisted of 12 items on attitude regarding selected aspects of growth and development.
Attitude scores were categorized as follows:
Favorable 45-60
Moderately favorable 29-44
Unfavorable 12-28
5 point likert scale was used to assess the attitude of mothers of under five children.

Scoring is done as follows:

Statement	Strongly agree	Agree	Uncertain	Disaagree	Strongly agree
Positive statement	5	4	3	2	1
Negative statement	1	2	3	4	5

1.10 Data Collection Procedure

After getting the formal permission from the concerned authority of principal of D. Y. Patil College of Nursing, Kolhapur, of Medical Superintendent Dr. D.Y .Patil Hospital and Research Centre, Kolhapur. We conducted study to assess the knowledge and attitude regarding selected aspects of growth and development of children among mothers of under five children in selected wards of Dr. D. Y. Patil Hospital Kolhapur. Data was collected on 20/04/2016.

The investigators first established a good rapport and introduced themselves and study topic, to the mothers of under five children and obtained informed consent from every participants. The investigators then explained the mothers of under five children about filling up the socio

demographic data, knowledge questionnaire and checklist regarding selected aspects of growth and development. Mothers of under five children took about 40 minutes to complete the socio demographic data, questionnaire and checklist. By the end of one hour the investigators were able to collect data from 70 mothers of under five children.

1.11 Plan for Data Analysis

Data was analyzed by following steps
Statistical analysis of data helps in analyzing quantitative information. It helped and enabled to summarize, organize, evaluate, interpret and communicate numerical information. Descriptive statistics was used to describe and synthesize data. In this study, descriptive statistics were used to analyze the data using Package. Mean, median, mode, standard deviation and range.

Protection of Human Rights
Informed consent from the mothers of under five children was taken and the confidentiality of the information was maintained.

Presentation of Data
The data collected from the subjects were organized and presented under the following sections
Section 1: Findings related to distribution of socio-demographic data of mothers of under five children.
Section 2: Findings on knowledge scores of mothers of under five children regarding growth and development.
Section 3: Finding on the attitude of mothers of under five children regarding growth and development. SECTION 4: mean, median, mode, SD and range of knowledge and attitude of mothers of under five children regarding growth and development.

Section 1: Findings related to distribution of soscio-demographic data of mothers of under five children.
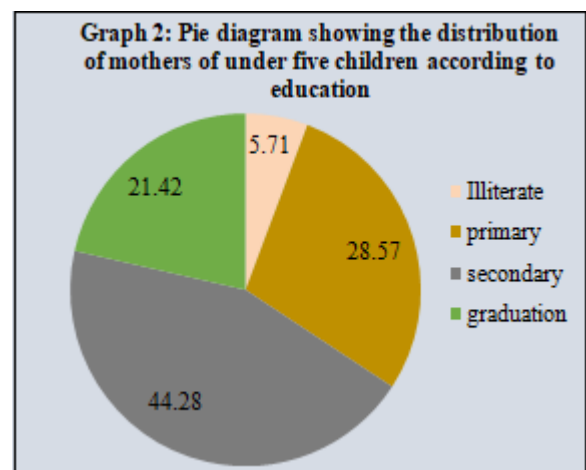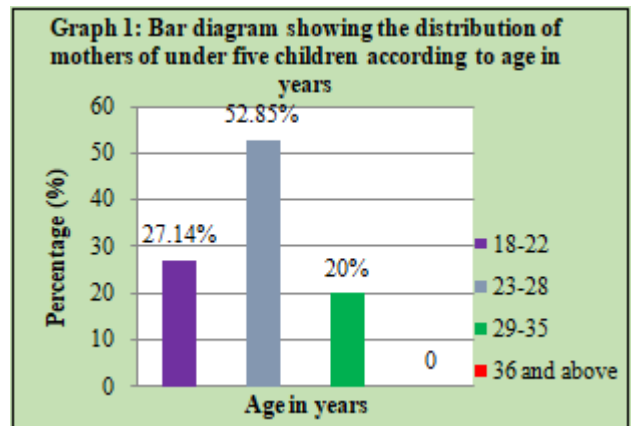
Table 1: Distribution of socio-demographic data, (n=70)

S. No.	Socio-demographic Data	Frequency (f)	Percentage (%)
1	**Age of mother in years……..**		
	a. 18-22	19	27.14
	b. 23-28	37	52.85
	c. 29-35	14	20
2	**Education of the mother………..**		
	a. Illiterate	04	5.71
	b. Primary	20	28.57
	c. Secondary	31	44.28
	d. Graduation and above	15	21.42
3	**Occupation of mother………**		
	a. House wife	43	61.42
	b. Farmer	03	4.28
	c. Skilled worker	06	8.57
	d. Self employed	12	17.14
	e. Job	06	8.57
4	**Type of family**		
	a. Joint	50	71.42
	b. Nuclear	18	25.71
	c. Extended	02	2.85
5	**Total number of children in family…….**		
	a. One	21	30
	b. Two	39	55.71
	c. Three and above	10	14.28
6	**Source of information regarding growth and development**		
	a. None	04	5.71
	b. Mass media	07	10
	c. Self experience	18	25.71
	d. Observed experience from Others	13	18.57
	e. Health care personnel	28	40

The data presented in table No. 1 indicates that,
Among 70 mothers of under five children,

- Majority of (37) mothers of under five children belonged to 23-28 years.(52.85%) and no single mother of under five children belonged to 36yrs and above.
- Majority of (31) mothers of under five children had secondary education (44.28%) and 4 mothers of under five children were illiterate (5.71%)
- Majority of (43) mothers of under five children were housewife's (61.42%) and 3mothers of under five children were farmers (4.28%)
- Majority of (50) mothers of under five children belonged to joint family(71.42%) and only 2 mothers of under five children were belonged to extended family (2.85%)
- Majority of (38) mothers of under five children were having two children (10%) and 10 mothers of under five children were having three and more than three children
- Majority of (28) mothers of under five children had the knowledge from health care personal and 4 mothers of under five children were not having any source regarding growth and development.
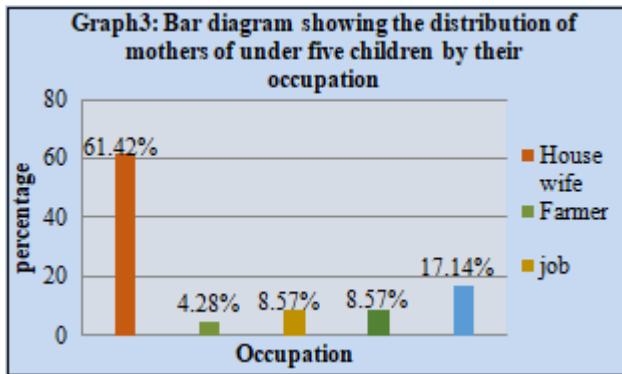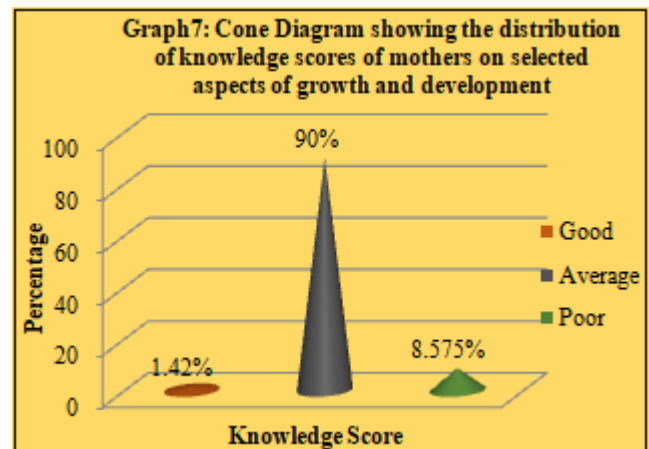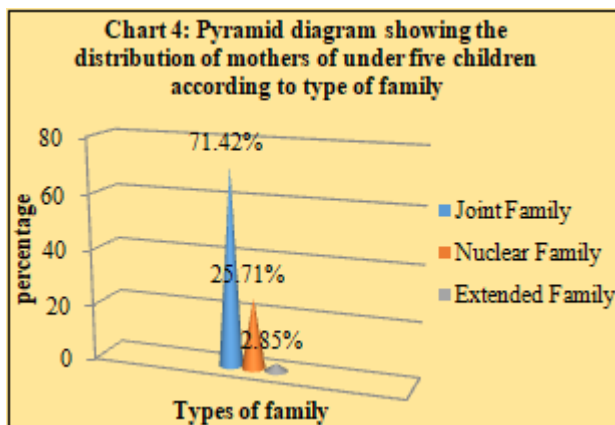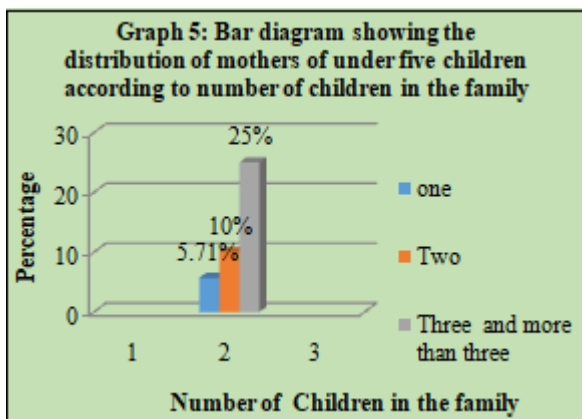

Graph 1: Bar diagram showing the distribution of mothers of under five children according to age in years

Graph 2: Pie diagram showing the distribution of mothers of under five children according to education

Graph3: Bar diagram showing the distribution of mothers of under five children by their occupation

Table 2: Frequency and Percentage distribution of knowledge scores of mothers of under five children regarding growth and development, (n=70)

Knowledge scores	Frequency (f)	Percentage (%)
Good (17-24)	01	1.42
Average (9-16)	63	90
Poor (0-8)	06	8.57

Chart 4: Pyramid diagram showing the distribution of mothers of under five children according to type of family

Graph7: Cone Diagram showing the distribution of knowledge scores of mothers on selected aspects of growth and development
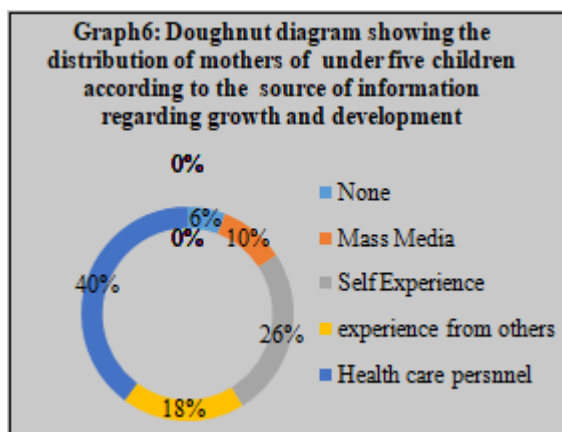
The data presented in table no. 2 indicate that, majority of mothers of under five children 63 (90%) were in average category and 06 (8.57%) were in poor category and only 1 (1.42%) mother of under five children in good category.
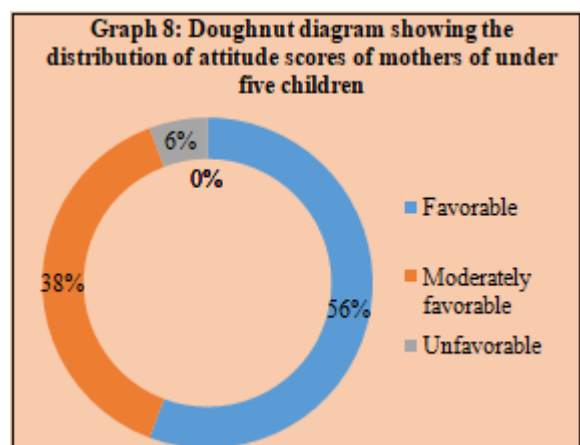
SECTION 3: Finding on the attitude of mothers of under five children regarding selected aspects of growth and development.

Graph 5: Bar diagram showing the distribution of mothers of under five children according to number of children in the family

Table 3: Frequency and Percentage distribution of attitude scores of mothers of under five children regarding growth and development, (n =70)

Attitude scores	Frequency (f)	Percentage (%)
Favorable (46-60)	39	55.71
Moderately favorable (29-45)	27	38.57
Unfavorable (12-28)	04	5.71

The data presented in table no. 3 indicate that, majority of mothers of under five children 39 (55.71%) were in Favorable category and 27 (38.57%) were in moderately favorable category and only 04 (5.71%) mother of under five children in Unfavorable category.

Graph6: Doughnut diagram showing the distribution of mothers of under five children according to the source of information regarding growth and development

Section 2: Finding related to mothers knowledge on selected aspects of growth and development

Graph 8: Doughnut diagram showing the distribution of attitude scores of mothers of under five children

The data presented in table no. 3 indicate that, majority of mothers of under five children 39 (55.71%) were in Favorable category and 27 (38.57%) were in moderately favorable category and only 04 (5.71%) mother of under five children in Unfavorable category.

Section 4: Mean, median, mode, SD and range of knowledge and attitude of mothers of under five children regarding growth and development

Table 4: Mean, Median, Mode, SD and Range of knowledge scores of mothers of under five children regarding growth and development, (n =70)

Mean	Median	Mode	Standard Deviation	Range
11.75	12	09	2.69	12

The data presented in table no. 4 indicate that, the mean was 11.75, median was 12, mode was 09, standard deviation was 2.69, and range was 12 of knowledge scores of mothers of under five children regarding selected aspects of growth and development

2. Major Findings of the Study

In the present study, out of 70 mothers of under five children, the study showed that, among 70 samples, 06 participants (8.47%) were having poor knowledge, and 63 participants (90%) were having average knowledge and 1 (1.43%) is had good knowledge regarding growth and development out of 70 samples, 15 participants (21.42%) were having unfavorable attitude, and participants 21(30%) having moderately favorable attitude and 34 (48.57%) is having favorable attitude. There is an emerging need to provide information booklet on selected aspects of growth and development. It is high time we should understand that all the mothers of under five children should know the importance of growth and development in children.