

# A Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge Regarding Prevention of Acute Respiratory Infection among Mothers of Under Five Children

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**Abstract:** *The aim of the study is to assess the effectiveness of structured teaching programme on knowledge regarding prevention of acute respiratory infection among mothers of under five children in Olavilai village at Kanyakumari district. The research design was pre experimental design. A total 30 sample were used in this study and sample selected by convenient sampling technique. The data was collected, tabulated, analysed and integrated by using descriptive statistics. The tool used in this data collection was structured questionnaire. The results shows that regarding age( 46.7%) were 26-30 years of age (33.3%) were 31-40 years of age respectively the remaining (20%) were 18-25 years of age. Regarding religion (53.3%) were Hindu (40%) were Christian and (6.7%) were Muslim. Then regarding education majority (46.7%) were 6-12th standards (33.3%) were degree and the remaining (20%) were primary school. About occupation (40%) were unemployed (30%) were private (16.7%) were coolie and (13.3%) were Government employees. Regarding type of family (19%) were nuclear family and (11%) were joint family. About monthly income (40%) were 1501-3000 (40%) were 3001-5000 and (6%) were above 5000. Regarding age of the child (43.4%) were 2-3 years (33.3%) were 1-2 years and (23.3%) were 3-5 years of child. Regarding sex of child (53.3%) were female and (46.7%) were male child.*

Keywords: structured teaching programme, knowledge, acute respiratory infection, mothers of under five children

## 1. Introduction

Acute respiratory tract infection are a group of acute disease due to inflammation of nose, para nasal sinuses, mid ear cavity, tonsils, oropharynx, peritonsillar tissue, epiglottis, larynx, trachea, bronchi and alveoli. The inflammation may be restricted to one or may start from one region and spread to others. The attack rate of acute respiratory tract infections/preschooler child/year is 2-3.5 episodes in rural areas, and 5-7 in urban areas. The specific mortality rate for is 12/1000 children below five years. They account for 6.6% of all under five deaths, and 20-25% of death in children aged 5-14.

### Statement of the Problem

A study to assess the effectiveness of structured teaching programme on knowledge regarding prevention of acute respiratory infection among mothers of under five children in Olavilai village, at Kanyakumari District

### Objectives of the Study

The objectives of the study are,

- 1) To assess the pretest level of knowledge on prevention of acute respiratory infection among mothers of under five children.
- 2) To assess effectiveness of structured teaching programme on prevention of acute respiratory infections among the mothers of under five children.
- 3) To find out the association between post test level of knowledge on prevention of acute respiratory infection among mothers of under five children with selected demographic variables.

### Hypotheses

H1: There will be a significant difference between the pre and post-test knowledge regarding prevention of acute

respiratory infection among the mothers of under five children.

H2: There will be a significant association between knowledge regarding prevention of acute respiratory tract infection among mothers of under five children and selected demographic variables.

## 2. Operational Definition

### Assess:

In this study assess mean to identify the level of mothers knowledge regarding prevention of acute respiratory tract infection.

### Knowledge:

In this study knowledge refers to understanding the awareness regarding prevention of acute respiratory tract infection among mothers of under five children.

### Effectiveness:

In this study effectiveness refers to gain in knowledge, regarding prevention of acute respiratory tract infection after initiating structured teaching programme among mothers of under five children.

### Structured Teaching Programme

It refers to a planned teaching and learning activity, which includes the meaning of acute respiratory infection, causes, signs and symptoms, control and prevention of acute respiratory infection through appropriate teaching methods and audio visual aids including 1 1/2 hours programme on 1 day.

**Mothers of under five children**

In this study the mothers of under five children refer to the mothers who are having children between the age of 0-5 year.

**Acute respiratory tract infection**

Acute respiratory tract infection is an infection of any part of respiratory tract or any related structures.

**Delimitations**

- Data collection period is limited to 4 weeks.
- Mothers from Olavilai village.

**3. Conceptual Framework**

The conceptual framework selected for the study was based on Ernestine Wiedenbach "The helping Art of Clinical Nursing".

**4. Research Methodology****Research Approach**

Quantitative research approach was adopted.

**Research Design**

The research design adopted for the study was pre experimental one group pre-test and post -test design.  
O1-----X----- O2

**Variables**

- Independent variables: Structured teaching programme on prevention of acute respiratory tract infection
- Dependent variables: Knowledge regarding prevention of acute respiratory tract infection
- Demographic variable: It comprise of age, religion, education, occupation, monthly income, type of family, age of child and sex of the child.

**Research Setting**

The study was conducted in Olavilai village area, Kappiyarai (PO), Kanyakumari District, Tamil Nadu.

**Population**

Target population : Mothers of under five children.  
Accessible population: Mothers of under five children in Olavilai village area.

**Sample**

The sample consists of 30 mothers of under five children in Olavilai area who fulfills the inclusion criteria.

**Sampling Technique**

The samples are selected by using Convenient sampling technique.

**Inclusion criteria:**

The study included the mothers of underfive children who are,

- Willing to participate in the study
- Who can read Tamil/English
- Available at the time of data collection
- Mothers of under five children

**Exclusion criteria**

The study excluded who, Mothers of under five children.

**Descriptions of the instrument**

The data were collected using demographic variables and questionnaires. This contains two parts: part-I, part- II.

**Part I: (Demographic variables)**

It comprised of demographic variables such as age, religion, education, monthly income, occupation, type of family, age of the child and sex of the child of mothers of under five children.

**Part II: (Knowledge questions)**

Structured knowledge questionnaire to assess the knowledge of mothers of under five children regarding prevention of acute respiratory tract infection. Each one have its correct answer score (1) wrong answer score (0).

**Data collection procedure**

Data collection is the gathering of information needed to address a research problem. The data was collected in the month of March 2019. The researcher was collected information from the mothers of under five children. The subject was selected by using convenient sampling technique. The study primarily aid to assess the effectiveness of structured teaching programme on mothers knowledge regarding prevention of acute respiratory tract infection among under five children in Olavilai.

**5. Analysis and Interpretation**

**Table 1:** Frequency and percentage distribution of demographic variables of mothers of under five children (N = 30)

S. No	Demographic Variables	Frequency (f)	Percentage (%)
1	Age of mother a) 18-25 years b) 26-30 years c) 31-40 years d) 40 and above	06 14 10 -	20 46.7 33.3 -
2	Religion a) Hindu b) Christian c) Muslim	16 12 02	53.3 40 6.7
3	Educational status a) Illiterate b) Primary school c) 6-12 standard d) Degree and above	- 06 14 10	- 20 46.7 33.3
4	Occupation a) House wife b) Coolie c) Government d) Private	12 05 04 09	40 16.7 13.3 30
5	Type of family a) Nuclear b) Joint	19 11	63.3 36.7
6	Monthly income a) Below 1500 b) 1501-3000 c) 3001-5000 d) 5001 and above	- 12 12 06	- 40 40 20

7	Age of child a) 1-2 years b) 2-3 years c) 3-5 years	10 13 07	33.3 43.4 23.3
8	Sex of child a) Male b) Female	14 16	46.7 53.3

**Table 2:** Frequency and percentage distribution of level of knowledge of mothers of under five children (N=30)

Level of knowledge	Pretest		Post test	
	N	P	n	P
In adequate knowledge	07	23.3%	0	0%
Moderately adequate knowledge	17	56.7%	07	23.3%
Adequate knowledge	06	20%	23	76.7%

**Table 3:** Comparison of pretest and post test knowledge regarding prevention of acute respiratory tract infection among mothers of under five children (N=30)

Group	Mean	Standard Deviation	Mean Difference	t-test
Pre test	12	5.39	5	t=8.219 df 29
Post test	17	2.91		

**Table 4:** Association between demographical variable and level of knowledge among mothers of under five children (N=30)

Demographic Variables	Moderate		Adequate		$\chi^2$
	n	P	n	p	
Age of mother					2.423 df = <3
a) 18-25	0	0%	6	20%	
b) 26-30	4	13.3%	10	33.3%	
c) 31-40	3	10%	7	23.3%	
d) 40 and above	0	0%	0	0%	
Religion					*5.003 df=>2
a) Hindu	4	13.3%	12	40%	
b) Christian	3	10%	9	30%	
c) Muslim	2	6.66%	0	0%	
Educational status					*3.08 df=>3
a) Illiterate	0	0%	0	0%	
b) primary school	3	10%	3	10%	
c) 6-12 standard	2	6.66%	12	40%	
d) Degree and above	2	6.66%	8	26.6%	
Occupation					*5.017 df=>3
a) House wife	5	16.6%	7	23.3%	
b) Coolie	0	0%	5	16.6%	
c) Government	0	0%	4	13.3%	
d) Private	2	6.66%	7	23.3%	
Type of family					*0.576 df=<1
a) Nuclear	3	10%	16	53.3%	
b) Joint	3	10%	8	26.6%	
Monthly income					*2.761 df=<3
a) Below 1500	0	0%	0	0%	
b) 1501-3000	4	13.3%	8	26.6%	
c) 3001-5000	3	10%	9	30%	
d) 5000 and above	0	0%	6	20%	
Age of child					0.991 df=<2
a) 1-2 years	2	6.66%	8	26.6%	
b) 2-3 years	4	13.3%	9	30%	
c) 3-5 years	1	3.33%	6	20%	
Sex of child					0.054 df=<1
a) Male	3	10%	11	36.6%	
b) Female	4	13.3%	12	40%	

## 6. Conclusion

In the pre assessment the mother’s of under five children are assessed for general and specific information. For that age, religion, educations, occupation, type of family, monthly income, age of child, sex of the child are assessed. After assessing the mother’s knowledge the researcher found that they had moderately adequate knowledge. Structured teaching programme was given on the prevention of acute respiratory tract infection, after that post test done, the student “t” test used to compare pre and post test knowledge of the mothers of under five children. The mothers extended full cooperation with the researcher. Comparison of pretest and post test score indicated significant differences. It was recognized that the structured teaching programme had, positive influence of knowledge of prevention of acute respiratory tract infection.

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