

“A STUDY TO ASSESS THE EFFECTIVENESS OF HEALTH EDUCATION PROGRAM ON KNOWLEDGE REGARDING GROWTH AND DEVELOPMENT OF INFANT AMONG MOTHERS AT SELECTED AREAS OF JAGDALPUR, Dist- BASTAR (C.G.)”.

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ABSTRACT

A study was undertaken to assess the effectiveness of health education program regarding growth and development of infant among mothers at selected areas of jagdalpur, Bastar (C.G.)”. Objective - To assess the knowledge regarding the growth and development of infant among the mothers. To assess the effectiveness of health education program regarding growth and development of infant among the mothers. To find out the association between the pretest knowledge regarding growth and development of infant among the mothers with selected demographic variables. Pre-Experimental research design was taken. The data were collected using simple random technique from 60 mothers. The pretest mean score of knowledge was 9.85 and post test mean score of knowledge was 20.63. The calculated paired ‘t’ value of $t = 19.07$ was found to be statistically highly significant at $p < 0.001$ level which clearly indicates after the administration of health education program there was significant improvement in the post test level of knowledge among mothers regarding growth and development of infant. There is no significant association between level of knowledge and age ($1.76, P > 0.05$), occupation ($0.85, P > 0.05$), religion ($2.42, P > 0.05$), no. of children ($1.02, P > 0.05$), family type ($0.09, P > 0.05$), family status ($1.86, P > 0.05$), but level of knowledge and educational status ($10.87, P < 0.05$) shown significant association with pre-test level of knowledge regarding growth and development of infant among mothers. It was

concluded that, there is a significant increase in the knowledge of mothers.

INTRODUCTION

“CHILDREN ARE THE WEALTH BY TOMORROW TAKE CARE OF THEM IF YOU WISH TO HAVE A STRONG INDIA EVER READY TO MEET VARIOUS CHALLENGES”

(ACC. TO P. NEHRU)

The birth of a child for the mother is the happiest experience in her life in the Indian family setup, getting a child, an addition of future generation, is dream for a beautiful well formed child in all health and cheers. Parents often have concerns about their child's development, especially when they see after children of the same age who have already attained a functional ability that their child her not get. The growth and development in order to monitor children progress, to identify delay or abnormalities in development and to counsel parents and prescribed treatment. In additional to clinical experiences and personal knowledge effective practices requires familiarity with

major theoretical prospective and evidence based strategies for optimizing growth and development.

An optimal cognitive development in early childhood has a bearing on achievement levels in later life. However, many children may not be developing optimally in their early formative years as a result of exposure to multiple contextual risk factors. It is being increasingly realized that early identification of developmental problems and corrective remedial action are among the most cost-effective interventions in the field of preventive child health ^[1]. In a developing country like India, the high prevalence of under-nutrition, iodine deficiency, iron deficiency, and inadequate cognitive stimulation are important risk factors for sub-optimal development. Yet, health care providers at the primary level are mostly unaware of the importance of the timely acquisition of developmental milestones by children under their care. Moreover, not much information on the attainment of developmental milestones (timely, delayed or advanced) by preschool children in community settings is available in India.

NEED OF THE STUDY

Developmental milestone are a set of functional skills or specific tasks that most children can do at a certain age range. Child development refers to how a child becomes able to do more complex things as they get older. Development is different than growth. Growth refers to the child's development: Although each milestone has an age level, the actual age when a normally developing child reaches that milestone can vary quite a bit. Every child is unique (S. Neil). Among the reasons for

this interest is that child development affects the society at large. Consequently the manner in which the parents bring up their children has become the concern of the state and society. If the state does not make this concern, maladjusted children of today may become the anti-social elements of tomorrow

The current medical literature reflects the prevalence of altered growth and development among infants. Based on the literature and investigators experiences, they felt that it is important to create health awareness among mother of infants regarding growth and development. Hence the investigator planned to impart the knowledge by health education program to mothers.

OBJECTIVES OF THE STUDY

- To assess the knowledge regarding the growth and development of infant among the mothers.
- To assess the effectiveness of health education program regarding growth and development of infant among the mothers
- To find out the association between the pretest knowledge regarding growth and development of infant among the mothers with selected demographic variables.

HYPOTHESIS:

- There will be significant difference between pre test and post test knowledge score regarding growth and development of infant among mothers.
- There will be significant association between pre test score of knowledge regarding growth and development of

infant among mothers with selected demographic variables.

REVIEW OF LITERATURE

The review of literature for the present study includes-

- **Studies related to growth and development.**

C Homer, D Iles, D Dougherty, et al., July/August 2004. Exploring the Business Case for Improving the Quality of Health for Children.

This analysis delineates aspects of children's health care—such as the need for care, patterns of use, and how care is organized and financed—that differ from adult care. It then identifies barriers and solutions that are specific to children's health care, to ensure that children's unique needs are not lost in the debate over the business case for quality.

Edward L. Scholar, M.D.: 210–216, July 2004.-Rethinking Well-Child Care.

This commentary argues that the nation's system of preventive pediatric care requires major revisions if chronic health problems and unmet behavioral and developmental needs among American children are to be addressed. Pointing to the prevalence of obesity, attention-deficit disorder/hyperactivity, behavior disorders, depression, adolescent risk behaviors, and the stresses faced by parents, Scholar warns. As acute pediatric medical care becomes, more and more, the work of hospitals, emergency physicians, and pediatric sub-specialists, well-child care calls for new approaches—to pediatric office practice, to the scheduling of office visits, and to health care partnering.

- **2. Studies related to mother involvement in assessing growth and development of**

children.

Neal Halfon, et al., Cambridge University Press, January 2002. Child Rearing in America: Challenges Facing Parents with Young Children. - This research book uses data from the Commonwealth Fund Survey of Parents with Young Children to present new information about the lives of families with very young children—how parents spend their time with their children, the economic and social challenges they face, and the supports they receive to improve their children's health and development.

- **3. Studies related to effectiveness of health education programme.**

Ruth Feldman, Arthur I. Eidelman September 2006 - Neonatal State Organization, Neuromaturation, Mother-Infant Interaction, and Cognitive Development in Small-for-Gestational-Age Premature Infants. Small-for-gestational-age infants showed less organized state and less mature neurobehavioral profiles, particularly in the orientation and motor domains. Cognitive outcomes at 2 years were predicted by small-for-gestational-age status, the interaction of actual birth weight and small-for-gestational-age status, neonatal state organization, and maternal intrusive behavior. Small-for-gestational-age premature infants are at higher risk for developmental and cognitive delays, as well as difficulties in the mother-infant relationship across infancy.

METHODOLOGY

RESEARCH APPROACH- A Quantitative evaluative approach was considered as the most appropriate to evaluate the effectiveness of health

education program on knowledge regarding growth and development of infants among mothers at selected areas Jagdalpur, Bastar (C.G.)

RESEARCH DESIGN- The schematic representation of the study design is as follows:

Experimental group-**O1** **X** **O2**

Keys- X- Health education program, O1- Pretest using self structured knowledge questionnaire, O2-post test using self structured knowledge questionnaire

SETTING OF THE STUDY-The present study was conducted at selected hospitals of jagdalpur C.G.

VARIABLES- Independent variable- In the current study, the independent variable identified as the health education program.

Dependents variable- The dependent variable in this study is mothers knowledge.

POPULATION- Populations are the mothers who have children.

SAMPLE AND SAMPLING

TECHNIQUE-The sample in the present study are selecting by using simple random technique (lottery method).

CRITERIA OF STUDY

a. INCLUSION CRITERIA

The study included mothers who are:-

- Present during the study period.
- Interested to participate in the study.
- Who are able to read, write and understand Hindi.

b. EXCLUSION CRITERIA

The study excluded mothers who are:-

- Who are not interested to participate in the study?

TOOLS AND TECHNIQUE- DATA COLLECTION INSTRUMENT-

The tools of data collection translate the tool objectives into specific item, the response to which provide the data require to achieve the research objectives. **Section 1** – Demographic profile of mothers. **Section 2** – Self structured knowledge questionnaire to assessing the knowledge of mothers.

DATA ANALYSIS

SECTION A: DESCRIPTION OF THE DEMOGRAPHIC VARIABLES.

Shows that there is no significant association between level of knowledge and age (1.76,P>0.05), occupation (0.85,P>0.05), religion (2.42,P>0.05), no. of children (1.02,P>0.05), family type (0.09,P>0.05), family status (1.86,P>0.05), but there is significant association between level of knowledge and educational status(10.87,P<0.05).

SECTION B: ASSESSMENT OF PRETEST AND POST TEST LEVEL OF KNOWLEDGE REGARDING GROWTH AND DEVELOPMENT OF INFANT AMONG MOTHERS.

	Mea n	%	Gain %	SD	CV
Pre test	9.85	32.8 3	35.95 %	2.7 5	27.92 %

Posttest	20.63	68.78		3.37	16.33%
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CV is % deviation to compare deviation in pretest and posttest

From above table it is understood that in posttest mean score has considerably increased from 9.85 to 20.63 and mean % from 32.83% to 68.78%. Also the consistency in knowledge score has increased with CV=16.33 % when compared to CV=27.92% in pretest.

SECTION C: EFFECTIVENESS OF HEALTH EDUCATION PROGRAMME REGARDING GROWTH AND DEVELOPMENT OF INFANT AMONG MOTHERS.

	Mean	SD	D F	Paired "t" value / Critical value	Significance
Pre test	9.85	2.75	59	19.07/3.45	P<0.001 Highly significant
Posttest	20.63	3.37			

Above table shows the difference in mean knowledge score at pretest and posttest is highly significant (t=19.07, p<0.001). Hence the intervention was effective.

CONCLUSION- The present study aimed to find the effectiveness of health education programme on knowledge regarding growth and development of infant among mothers at selected areas of Jagdalpur. Most of the mothers are having average or poor knowledge regarding growth and development of infant. The

result showed in present study states that, there is a significant increase in the knowledge level regarding growth and development among mothers after giving health education program. So the present study succeeded to prove that health education program has effects on increase knowledge regarding growth and development of infant among mothers at selected areas of Jagdalpur.

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